

Teaching Issue

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Letter from the Editors

Many Ways to Connect

Dear Friends,

We are happy to share in this issue an excerpt from oral teachings given by Geshe Tenzin Wangyal Rinpoche in 2012 on the “Tibetan Yogas of Body, Speech, and Mind.” These truly exceptional teachings were given over a weekend retreat in Pacific Palisades, Calif., and are available as an edited transcript. [More](#)



Three Doors and Three Refuges

An Excerpt from the Edited Transcript of Oral Teachings Given by Tenzin Wangyal Rinpoche on the ‘Tibetan Yogas of Body, Speech, and Mind,’ February 2012

We speak of the three doors and three refuges. The stillness of the body is the door; it is not the place of refuge. We say the silence of speech is the door, not the refuge, and the spaciousness of the mind or the heart is the door, but not the refuge. The refuge is the unbounded space, infinite awareness and genuine warmth [More](#)



Don't Miss Free Live Oct. 12 Webcast!

'The Open Heart: Healing in the Dzogchen Tradition' with H.E. Menri Lopon Trinley Nyima Rinpoche and Tenzin Wangyal Rinpoche

Join us from your computer on Saturday, Oct. 12, 2013, 3–4:30 p.m. Eastern Time U.S. (New York time), for a live webcast broadcast from the annual [Fall Retreat](#) (not a public talk). Simultaneous translation in multiple languages will be available.

[More](#)



Tenzin Wangyal Rinpoche Honored with Wisdom Award

Rinpoche Recognized for Efforts to Keep Tibetan Bon Buddhist Tradition Alive

Geshe Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha Institute, received the second annual Wisdom Fellowship award from the Sacred Fire Foundation on Aug. 17. The award honors and supports elders around the world who have dedicated their lives to bringing wisdom, leadership and learning to their communities and their peoples. [More](#)



‘When You Believe You Can’t Practice’

Tenzin Wangyal Rinpoche Shares Important Advice

Watch this 11-minute YouTube video of Tenzin Wangyal Rinpoche teaching during this past annual Summer Retreat at Serenity Ridge.

[View video](#)



‘Transforming Our Emotions Through the Six Lokas’

Register for Oct. 26–Dec. 14 Ligmincha Online Workshop

Ligmincha Learning will offer a seven-week online course, “Transforming Our Emotions Through the Six Lokas,” from Oct. 26–Dec. 14, 2013. [More](#)



‘Tibetan Dream Yoga’ and ‘Awakening the Sacred Body’

Upcoming Online GlideWing Workshops

GlideWing is sponsoring two upcoming workshops with Geshe Tenzin Wangyal Rinpoche: Tibetan Deam Yoga and Tibetan Yogas of Breath and Movement. [More](#)



Yongdzin Tenzin Namdak Rinpoche to Visit Poland

All Invited to Attend Oct. 24–27 Event at Chamma Ling Center, Wilga, Poland

Tenzin Wangyal Rinpoche cordially invites everyone, and especially his European students, to come to the Chamma Ling retreat center in Poland this October. Yongdzin Tenzin Namdak Rinpoche, the most senior teacher of the Tibetan Bon Buddhist tradition, will consecrate the new temple there and bestow dzogchen teachings. [More](#)



With Much Appreciation to Carrie Chandler

Leaving Position as Serenity Ridge Registrar and Program Coordinator

With some sadness for us and happiness for her, we want to let you know that Carrie Chandler will be leaving Serenity Ridge at the end of October. She is newly engaged and will be moving

to Northern California [More](#)



Onsite Internship Opportunity: Retreat Registration and Program Support

Position Open Now at Serenity Ridge Retreat Center in Shipman, Va.

If you enjoy working in a small, dynamic office environment in a beautiful retreat center setting; are highly organized; have excellent computer and communication skills; possess the capacity to be flexible in the midst of changeable situations; enjoy working collaboratively with staff, volunteers and interns; and are open to assist with whatever is needed to support retreat participants and programs, consider applying for this internship position for retreat registration and program support. [More](#)



Trul Khor Training: Oct. 31–Nov. 3, 2013, at Serenity Ridge

Advancing in the Training: Tibetan Bon Yoga, Part 3, *with Alejandro Chaoul-Reich*

For those who have done Parts 1 and 2 of the Tibetan Bon yoga as taught at Ligmincha Institute's Serenity Ridge Retreat Center and Chamma Ling Colorado Retreat Center since 2009, we will be continuing with the training this November and completing it next year. [More](#)



Tibetan Sound Healing: Nov. 16 & 17, at Serenity Ridge

The Five Warrior Syllables *with John Jackson*

Learn how to use the power of sound to help heal physical illness, clear psychological and energetic disturbances, and uncover positive qualities such as love, compassion, joy and equanimity. [More](#)



Two ‘Firsts’ for Ligmincha at Special Dzogchen Winter Retreat

Join Tenzin Rinpoche Dec. 27, 2013–Jan. 1, 2014 at Serenity Ridge for Silent Practice Retreat

[*View Spanish translation of Winter Retreat information \(traduccion al Español\)*](#)

This year’s annual Winter Retreat at Ligmincha Institute at Serenity Ridge will be a “first” in two different ways: its focus will emphasize practice, and the retreat will be held in an atmosphere of respectful silence that will enable participants to integrate practice into every moment of the day.

[More](#)



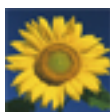
Spanish Translations Available

August VOCL and Winter Retreat Information Now Online

Thank you Florencia Fernandez, Mexican webmaster, and Lourdes Hinojosa, translator, for your wonderful work in making Rinpoche's teachings and announcements available in Spanish!

[View the latest Spanish-language translation of the August 2013 issue](#)

[Information about Ligmincha Institute's special Winter Retreat in Spanish](#)



***Ligmincha Europe Magazine* Fall Issue Available Soon**

Look for These Highlights in the Magazine

The new Fall issue of *Ligmincha Europe Magazine* will be online soon! You can [visit here](#) for later October release.

[More](#)



Upcoming Events

Ligmincha's Serenity Ridge Retreat Center

The retreats described below will take place at Serenity Ridge, Ligmincha Institute's retreat center in Nelson County, Va. To register or for more information, click on the links below, or contact us at registration@ligmincha.org or 434-263-6304.

Oct. 9–10, 2013

Special Conference 2013: New Dialogs Between Buddhism and Science
with Geshe Tenzin Wangyal Rinpoche and Renowned Researchers

(to be followed by annual fall retreat; consider registering for both)

[Learn more and register](#)

Oct. 11–13, 2013

Fall Retreat—The Open Heart: Healing in the Dzogchen Tradition

with Geshe Tenzin Wangyal Rinpoche and H.E. Menri Lopon Trinley Nyima Rinpoche

[Learn more and register](#)

Oct. 31–Nov. 2, 2013

Tibetan Bon Buddhist Yoga (Trul Khor) Training, Part 3

with Alejandro Chaoul-Reich

Prerequisites required

[Learn more and register](#)

Nov. 16–17, 2013

Tibetan Sound Healing—The Five Warrior Syllables

with John Jackson

[Learn more and register](#)

Dec. 27, 2013–Jan. 1, 2014

Winter Retreat—Dzogchen Practice Retreat

with Geshe Tenzin Wangyal Rinpoche

Open to all, from those new to meditation to those who have attended any part or all of the *Experiential Transmission*

or any other dzogchen teachings.

[Learn more and register](#)

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please contact us at registration@ligmincha.org or 434-263-6304, or visit the [Serenity Ridge website](#) or the [Ligmincha Institute website](#).