

Announcements Issue

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Letter from Ligmincha's Executive Director

An Abundance of Change: Welcoming Our Resident Lama to Serenity Ridge, New Ligmincha International Board Plus Staff Changes

Dear Sangha and Friends,

I hope that you are enjoying a wonderful summer. Here at Serenity Ridge we've had a cooler summer than usual, with lovely breezy days. Unexpected for summer in Virginia!

We recently completed a memorable three-week summer retreat with Geshe Tenzin Wangyal Rinpoche. [More](#)



A Letter from the Ligmincha International Board Chair:

On Coming Together to Support Rinpoche and Bon Worldwide

During the first week of summer retreat, the new Board of Directors of Ligmincha International met at Serenity Ridge. Accepting Tenzin Wangyal Rinpoche's invitation to join him on this new international board [More](#)



Geshe Tenzin Yangton Now at Home at Serenity Ridge

New Resident Lama Serves Ligmincha and Area Community

Two separate butter lamps, attached together on the same base. Two twin brothers from a remote village in Dolpo, northwestern Nepal, watching intently as the flames slowly burned down. Which brother's lamp would burn the longest?

It was the final test, after many others, the one that would seal the boys' fate and determine which brother would continue his training to become a Tibetan Bon Buddhist monk. [More](#)



Ligmincha Learning Five-Week Course Begins Aug. 11

Transforming Our Emotions Through the Six Lokas

Ligmincha Learning's next five-week online course begins Aug. 11. The topic is "Transforming our Emotions Through the Six Lokas."

At one time or another, each of us suffers strong emotions that throw us off balance, cause us to act in ways that we later regret and make us lose touch with our true nature. Centuries ago the masters of the Tibetan Bon lineage developed the meditations of the Six Lokas specifically to remedy this situation, to help us live our lives in a balance and relaxed way.

[Learn more and register](#)



Aug. 30 Webcast with Tenzin Wangyal Rinpoche

Register Now to Attend

Mark your calendar for these upcoming webcasts with Geshe Tenzin Wangyal Rinpoche. You can participate in any of these free events by visiting the [live-broadcast page](#) on the Ligmincha Institute website.

[More](#)



View Videos of Rinpoche's Teachings from Summer Retreat

Approximately 50 Short Clips Now on YouTube!

Enjoy these precious moments from the Summer Retreat at Serenity Ridge. It is a bit like being there. What a gift! We are grateful for the work of Salvador Espinosa and Rogelio Flores for their work during the Summer Retreat to videotape and archive excerpts of Tenzin Wangyal Rinpoche's teachings. With Rinpoche's great wish for there to be no barrier to receiving teachings for those unable to travel to attend retreats, you will now find approximately 50 video clips from Rinpoche's teachings on the Twenty-One Nails on Ligmincha's YouTube channel!

[View videos](#)



New 3 Doors Academies Begin in 2015

Transforming Lives Through Meditation

[The 3 Doors](#) , inspired by the vision of Tenzin Wangyal Rinpoche, is a contemplative educational organization whose purpose is to offer simple and powerful meditation practices in contexts that support self-reflection, transformation and the desire to benefit others.

[More](#)



Serenity Ridge Retreat Center Seeks Operations Manager

Position Reports to Executive Director

Ligmincha Institute is seeking to fill the position of Operations Manager for Serenity Ridge Retreat Center. The position is responsible for general oversight of all activities associated with the retreat center. [More](#)



Buddhism & Science Conference Focus is ‘Pathways to a Health Mind’

Join National Researchers at Serenity Ridge Oct. 7–9, 2014

Researchers from throughout the nation will gather at Serenity Oct. 7–9, 2014, to explore the connection between science and spirituality. Join Geshe Tenzin Wangyal Rinpoche and invited scientists and researchers for this special conference. All are welcome to attend. [More](#)



GlideWing Workshop on Tibetan Sound Healing

Sept. 20–Oct. 12, 2014

In this three-week workshop on Tibetan Sound Healing, Tenzin Wangyal Rinpoche will personally guide you in the ancient practice of the Five Warrior Syllables. These pure, primordial sounds have the power to quickly cut through the obstacles to lasting change, and to open the space for profound healing of body, energy and mind.

[Learn more and view introductory video](#)

[Register](#)

Coming in November: Tibetan Dream Yoga, Nov. 8–Dec. 7.



Serenity Ridge Needs Truck for Maintenance

Can You Help?

Ligmincha is in need of a pickup truck to use for maintenance at Serenity Ridge. If anyone has an old vehicle, in running order, that they would like to donate (this would be a tax deductible donation), it would be of enormous benefit!

If you can help, please [email Ligmincha](#) .



Link to Latest Spanish Translation of VOCL

View June Issue

[Read VOCL in Spanish](#)



A Wedding at Serenity Ridge

Alicia Frew and Tony Nassif Married in Traditional Tibetan Wedding

Wednesday, July 9, was a special day at Serenity Ridge. Alicia Frew and Tony Nassif, longtime students of Tenzin Wangyal Rinpoche, were married in a traditional Tibetan ceremony at Serenity Ridge Retreat Center. [More](#)



Upcoming Retreats

Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, Ligmincha Institute's headquarters located in Nelson County, Virginia. To register or for more information, click on the links below, or contact us at registration@ligmincha.org or 434-263-6304.

Sept. 6–7, 2014

The Nine Ways of Bon

with John Jackson

[Learn more and register](#)

Oct. 7–9, 2014

New Dialogs Between Buddhism & Science: Pathways to a Healthy Mind

with Geshe Tenzin Wangyal Rinpoche and Renowned Researchers

[Learn more/register](#)

Oct. 10–12, 2014

Fall Retreat – The Healing Power of Primordial Awareness

with Geshe Tenzin Wangyal Rinpoche

[Learn more and register](#)

Early registration ends Sept. 9.

Oct. 31–Nov. 2, 2014

The Sacred Body in the Bon Tradition – Spiritual Guidance from the Tsa Lung Sol Dep

with H.E. Menri Lopon Trinley Nyima Rinpoche

[Learn more and register](#)

Nov. 6–9, 2014

Trul Khor – Completing the Training: Tibetan Bon Yoga, Part 4

with Alejandro Chaoul-Reich

Open to all who have done Parts 1, 2 and 3 of the Tibetan Bon yoga as taught at Ligmincha Institute's Serenity Ridge Retreat Center and Chamma Ling Colorado Retreat Center since 2009.

[Learn more and register](#)

Dec. 27, 2014–Jan.1, 2015

Winter Retreat – The Experiential Transmission of Zhang Zhung, Part 1: Ngondro

with Geshe Tenzin Wangyal Rinpoche

This is the first in a five-part series—to be held over the next five years—of special Bon Buddhist dzogchen teachings based on the ancient Zhang Zhung Nyen Gyu texts. Part 1: Ngondro is a prerequisite for further study of the Experiential Transmission series.

[Learn more and register](#)

Jan. 2–4, Jan. 5–11 and Jan. 12–18, 2015

Ngondro Practice Retreat
with Geshe Tenzin Yangton

Prerequisite: Open to those who have received the teachings and transmission of the ngondro from the Experiential Transmission of Zhang Zhung.

Ngondro Practice Retreat will be guided by Geshe Tenzin Yangton Jan. 2–4 and Jan. 5–11. Unguided ngondro practice also is available during those dates and for the week of Jan. 12–18, 2015.

Personal Retreat

Serenity Ridge also will be open for individual retreat Jan. 2–4, Jan. 5–11 and Jan. 12–18, 2015.

[Read more about retreats](#)

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](#)