

Announcements Issue

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Letter from the Editors Support of All Kinds

Dear Friends,

Lots of news and inspiration to share in this issue! First, we want to remind you that two major retreats are coming up soon at Serenity Ridge. [More](#)



A Letter from Tenzin Wangyal Rinpoche Many Positive Changes This Year and in 2015

Dear Sangha and Friends,

I send you my greetings. As many of you know, many positive changes have occurred this year for Ligmincha International. From my heart I wish to thank each of you who have participated in some way either directly or indirectly. [More](#)



Manifesting Tenzin Rinpoche's Vision

A Letter from the Chair of Ligmincha International Board

Dear Sangha,

As you read in Rinpoche's letter to us, this has been a year full of growth and transformation for Ligmincha. The most significant of our activities and plans Rinpoche has already written about. I would like to take this opportunity to describe a few other things that are going on, and to describe ways in which you can help. [More](#)



The True Source of Healing

A Free, Yearlong Course in the Tibetan Practice of Soul Retrieval

You are warmly invited to attend a free, yearlong course in Soul Retrieval! Beginning this January, Geshe Tenzin Wangyal Rinpoche will generously offer a series of monthly live webcast teachings on the topic, open to everyone from newcomers to experienced meditators. He is basing the series on his forthcoming book [More](#)



Translators Needed

Volunteer Opportunities for Upcoming Live Webcasts

We are in need of volunteers who can assist online in providing real-time translation of the ongoing live webcasts of Geshe Tenzin Wangyal Rinpoche. In particular, right now there is a need for volunteers who can translate into Italian, Chinese and Japanese, among other languages.

We also need more backup volunteers who can help to share the responsibility for translating. So far, we have volunteers who are translating into Spanish, French, German, Russian, Polish, Turkish, Hungarian, Czech, Finnish, Danish and Portuguese. In addition, technical assistance is sometimes needed for webcasts in the Berkeley, California, area.

If you are or know of someone who has the capability and interest to fill any of these roles, please email Lourdes Hinojosa at webcast@ligmincha.org.



Upcoming Webcast with Tenzin Wangyal Rinpoche on Dec. 28

Guided Meditation from the Experiential Transmission Teachings, Part 1

The next free live webcast with Geshe Tenzin Wangyal Rinpoche is on Dec. 28, 2014 (Sunday), 3–4:30 p.m. Eastern time: "Guided Meditation from the Experiential Transmission Teachings, Part 1." Broadcast live from the [Winter Retreat](#) at Ligmincha Institute at Serenity Ridge, Nelson County, Virginia (not a public talk, but webcast is open to all).

Participate here by visiting the [live-broadcast page](#) on the Ligmincha Institute website.

[Here is a link](#) to the most recent webcast from Nov. 8 with Tenzin Wangyal Rinpoche on "Sharing Your Inner Peace and Joy for the Welfare of Others." Rinpoche begins with a guided meditation practice to help you connect with the source of inner peace and joy; the teaching itself starts at minute 18:58.

You can also [click here](#) to view any other webcasts you may have missed.



Lishu Institute Opens in March with Two Residential Retreats

Retreats Offer Opportunity to Deepen One's Practice

Lishu Institute is offering two retreats starting in March at its campus near Dehradun, India. A two-week guided phowa retreat begins March 5, 2015, followed by a six-week intensive Tibetan language retreat starting March 20.

[More](#)



The Latin American Academy Graduates!

Participants Share Their Experiences

The 3 Doors family is proud to report the completion of another big step toward Tenzin Wangyal Rinpoche's vision for our international community. The first Latin American Academy graduated in September 2014! [More](#)



□ Rinpoche's Update on Lishu and The 3 Doors Programs

Two Different Approaches to Bon

During the Summer Retreat 2014 in Buchenau, Germany, Tenzin Wangyal Rinpoche gave an update on the progress of Lishu Institute and also said a few words about Ligmincha and The 3 Doors program. (This article was first printed in [Ligmincha Europe Magazine, Autumn 2014](#))

I would like to update you on the progress of Lishu Institute and also say a few words about The 3 Doors program. [More](#)



Gathering with the European Sangha in Austria

Rob Patzig Writes About His Visit and Retreat with European Sangha

I was privileged to be able to travel to Maria Alm, Austria, this year for Tenzin Wangyal Rinpoche's October 14–19 teaching of the fifth and final year of an intensive series of Tibetan Bon Buddhist dzogchen teachings from "The Experiential Transmission of the Zhang Zhung Nyen Gyu."

This was my first meaningful trip to Austria or to Europe [More](#)



Tenzin Rinpoche's Schedule by Date and Location Online

Full Year Planned for 2015

Tenzin Wangyal Rinpoche's worldwide schedule for 2015 is now available on the Ligmincha International website. You can view schedule by date and by location. Additional items will be added during the year if Rinpoche's schedule changes.

[View Schedule by Date](#)

[View Schedule by Location](#)



Next Ligmincha Learning Course Begins Feb. 6 **'The Three Heart Mantras'**

Ligmincha Learning's next five-week online course begins Feb. 6: "The Three Heart Mantras."

The Three Heart Mantras are used in many different meditations in the Bon tradition and play a major role in the [foundational practices of ngondro](#). They are said to be the essence of enlightenment in sound and energy, and as we sing or chant the mantras our awareness is transformed to be in union with the Buddhas. They are used for purification, protection and as primary practices toward self realization.

[Learn more and register](#)



GlideWing Online Workshops with Tenzin Wangyal Rinpoche **View Schedule for 2015**

Begin the New Year with this three-week online workshop: "Awakening the Sacred Body: The Tibetan Yogas of Breath and Movement" offered Jan. 10–Feb. 4, 2015.

Mark your calendar for the upcoming GlideWing online workshops with Geshe Tenzin Wangyal Rinpoche. All workshops feature personal support and guidance from Rinpoche.

- Jan. 10–Feb. 1, 2015: [Awakening the Sacred Body: The Tibetan Yogas of Breath and Movement](#)
- March 7–April 5, 2015: [Tibetan Dream Yoga](#)
- May 9–31, 2015: [Tibetan Meditation: Achieving Great Bliss Through Pure Awareness](#)
- July 11–Aug. 9, 2015: [Awakening the Sacred Arts: Discovering Your Creative Potential](#)
- Sept. 19–Oct. 11, 2015: [Tibetan Sound Healing](#)

[View entire schedule of Internet teachings](#)



Mexico's Resident Lamas Share Their Art

View Photos of Paintings in Two Mexico Stupas

The work of the two resident lamas for Ligmincha Mexico—Lama Kalsang Nyima and Lama Yungdrung Lodoe—speaks for itself.

Visit either of the two Bon Buddhist stupas in Mexico and you will find them filled with the mandalas, murals and other work of these two master artists. [More](#)



Links to Spanish and Portuguese Translations of VOCL

October Issue Now Available

[Read VOCL in Portuguese](#)
[Read VOCL in Spanish](#)



Online Radio Interview on Dream Yoga

Tenzin Wangyal Rinpoche Answers a Range of Questions

Listen to a Nov. 6 interview with Tenzin Wangyal Rinpoche on the topic of dream yoga. Rinpoche was interviewed by Beyond 50 Radio on the topic of dream yoga. In the interview, he answers a range of questions, from the purpose and value of dream yoga to suggestions to help practitioners recognize and experience lucidity in the dream state.

[Link to the streaming recording](#)



Autumn Issue of *Ligmincha Europe Magazine*

Read This Great Source of Inspiration and News

The new issue of *Ligmincha Europe Magazine* is now available. The magazine offers a broad scope of sangha news in Europe and worldwide.

[Enjoy this issue](#)



Upcoming Retreats

Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, headquarters of Ligmincha International, 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.

Dec. 13, 2014

Healing with the Medicine Buddha

with Geshe Nyima Kunchap and Geshe Tenzin Yangton

A special half-day ritual to eliminate suffering, bring healing and purify negative karma.

[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 Tibetan 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. 2–18, 2015

Ngondro Practice Retreat

with Geshe Tenzin Yangton

or Individual Practice Retreat

[Learn more and register](#)

April 3–5, 2015

Spring Retreat – The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life

with Geshe Tenzin Wangyal Rinpoche

Registration begins Jan. 20, 2015.

[Learn more](#)

June 21–July 4, 2015

Summer Retreat – Dream Yoga

with Geshe Tenzin Wangyal Rinpoche

Attend one or both weeks.
Registration begins in late January 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](#)