

☐ **Announcements Issue**

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Letter from the Editors **The Connections We Make**

Dear Friends,

The connections we make can be so inspiring. We live in such a fast-paced world that when those connections happen, it almost feels magical. With Tenzin Wangyal Rinpoche's new series of webcasts on Soul Retrieval, we are given new opportunities for connections to each other, to the teachings and to the truth of who we are. [More](#)



Next Webcast April 4 with Tenzin Wangyal Rinpoche **Broadcast Live from Annual Spring Retreat at Serenity Ridge**



[Registration for the April 11 Webcast in Free, Yearlong Soul Retrieval Course](#)

Don't Miss the April 11 Webcast in Free, Yearlong Soul Retrieval Course **Tenzin Wangyal Rinpoche on 'Discovering the Deepest Needs of Your Soul'**

On Saturday, April 11, 2015, 3–4:30 p.m. Eastern time U.S. (New York time), please join Tenzin Wangyal Rinpoche for the third in the yearlong series on Soul Retrieval: "The True Source of Healing, Part 3: "Discovering the Deepest Needs of Your Soul."

[More](#)



Sharings from Around the World **Recharging with Soul Retrieval in the New Year**

Soul Retrieval participants from around the world share their insights through poetry and photos.

[More](#)



The 3 Doors Academy: A Life-Changing Program of Contemplation,

Transformation and Genuine Expression

With Reflections from a Recent Graduate

The 3 Doors Academy is entering its fifth year of facilitating its trainees and graduates to become aware of and express their authentic selves. This expanding openness, awareness and warmth has manifested in new (and often surprising) levels of clarity, commitment and creativity that benefit relationships with family, friends, coworkers, community and the world at large. [More](#)



Tashi Delek Losar!

Celebrating the New Year of the Wood Sheep

Enjoy these photos of Losar celebrations by sanghas in Mexico, Europe and the United States. [More](#)



Lishu Institute Three-Year Program Begins in Fall

An Interview with Tenzin Wangyal Rinpoche

Lishu Institute will begin an intensive three-year residential program of study for students in fall 2015. The curriculum will include the Nine Ways of Bon, the Bon Mother Tantra and the Zhang Zhung Nyen Gyu. Students also will learn Tibetan. Lishu is located in Northern India in Uttarakhand, near Dehradun. At a retreat last summer in Amsterdam, Floor van Orsouw interviewed Geshe Tenzin Wangyal Rinpoche about Lishu. [More](#)



Meditation As a Way to Help Conquer Cancer Fears

Interview with Alejandro Chaoul-Reich in Houston Chronicle

Alejandro Chaoul-Reich, a student of Tenzin Wangyal Rinpoche for more than 20 years, was recently interviewed about his work with cancer patients at the MD Anderson Cancer Institute in Houston, Texas, where he has worked for many years guiding people in meditation practices such as tsa lung and the three pills of stillness, silence and spaciousness to help them in their daily life. [More](#)



Ligmincha's Annual Summer Retreat Is June 21–July 4

Dream Yoga: The Practice of Lucid Dreaming as a Path to Enlightenment

Ligmincha's Annual Summer Retreat on the topic of Dream Yoga with Geshe Tenzin Wangyal Rinpoche, June 21–July 4, 2015 at Serenity Ridge, is open for registration!

It is said that the practice of dream yoga deepens our awareness during all our experience: the dreams of the night, the dreamlike experience of the day and the bardo experiences after death.

[More](#)



‘Transforming Our Emotions Through the Six Lokas’

Ligmincha Learning's Online Course Begins April 4

Ligmincha Learning's next seven-week online course, "Transforming Our Emotions Through the Six Lokas," will be held April 4–May 23. The course, crafted by Tenzin Wangyal Rinpoche, features video teachings, guided meditations, readings, journal writing activities, and the opportunity to interact with senior mentors and classmates from around the world.

At one time or another each of us suffer 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 Bon lineage developed the meditations of the Six Lokas specifically to remedy this situation, to help us live our lives in a balanced and relaxed way.

[Learn more and register](#)



Next GlideWing Online Workshop Begins May 9

‘Tibetan Meditation: The Nature of Mind’

This next three-week GlideWing Online Workshop is set for May 9–31. This ancient Tibetan meditation practice teaches you to enter the state of pure awareness that leads to peace, joy and, ultimately, to full realization. Until the 20th century, these ancient teachings were kept secret and were offered to very few students. In this interactive course, renowned Tibetan lama, teacher and author Geshe Tenzin Wangyal Rinpoche will guide you through each of the five steps of the meditation.

[Learn more and register](#)

Here is the calendar of upcoming GlideWing online workshops with Geshe Tenzin Wangyal Rinpoche:

- July 11–Aug. 9, 2015: [Awakening the Sacred Arts: Discovering Your Creative Potential](#)

- Sept. 19–Oct. 11, 2015: [Tibetan Sound Healing](#)



Spanish and Portuguese Translations of VOCL

Links to February Issue Now Available

[Read VOCL in Spanish](#)

[Read VOCL in Portuguese](#)



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.

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

[Learn more/register](#)

May 1–3, 2015

The Experiential Transmission of Zhang Zhung, Part 1, Ngondro

with Geshe Tenzin Yangton

[Learn more/register](#)

June 21–July 4, 2015

Summer Retreat – Dream Yoga

with Geshe Tenzin Wangyal Rinpoche

Attend one or both weeks.

[Learn more/register](#)

Oct. 21–25 , 2015

Fall Retreat – The Five Elements: Connecting With the Living Universe

with Geshe Tenzin Wangyal Rinpoche

[Learn more](#)

Dec. 27, 2015–Jan. 1, 2016

The Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind

with Geshe Tenzin Wangyal Rinpoche

[Learn more](#)

[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

[Ridge website](#)

[Serenity](#)