

## Announcements Issue

Volume 15, Number 4 / August 2015

[Read the full issue](#)

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### Letter from the Editors

#### Newest Book by Rinpoche Is a Treasure

Dear Friends,

Tenzin Wangyal Rinpoche's new book, *The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life*

, is truly healing. Rinpoche's teachings on the five natural elements and soul retrieval are here in print now for all of us, to help us grow, overcome difficult life challenges, revitalize our life and realize our true self.

[More](#)

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### Rob Patzig Named President of Ligmincha International

#### Geshe Tenzin Wangyal Rinpoche Makes Change During Summer Retreat

*Rob Patzig accepted the position of President of Ligmincha International, at the request of Geshe Tenzin Wangyal Rinpoche, during the first week of this year's Summer Retreat at Serenity Ridge. (Rob also will remain as chair of the Ligmincha International Board, a position he has held for the past year.) Tenzin Rinpoche has been president of Ligmincha since the organization began. He continues to hold the title of Spiritual Director and is a member of the Board of Directors. Rinpoche spoke on June 24 about what the change means to the*

organization and to him personally. [More](#)

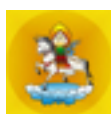
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## **Next Free Live Webcast with Tenzin Wangyal Rinpoche Aug. 15** **‘Overcoming Loneliness: Finding the Friend Within’**

Please join Tenzin Wangyal Rinpoche for the seventh in the yearlong series on Soul Retrieval: "Overcoming Loneliness: Finding the Friend Within." It will take place on Saturday, Aug. 15, 2015, 3–4:30 p.m. Eastern time U.S. (New York time). [More](#)

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## **Year One of the International Board** **A Report from Ligmincha International Board Chair Rob Patzig**

The Ligmincha International Board of Directors marked its first anniversary during the first week of Summer Retreat at Serenity Ridge in June. [More](#)

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## **Openness, Options and Living a Worthwhile Life**

## **An Excerpt from Rinpoche's Teachings in Amsterdam**

*During a seminar on A-tri in Amsterdam in May 2015, Tenzin Wangyal Rinpoche talked about openness and sangha and the options that are offered. Here is an excerpt, which also appears in the Summer issue of Ligmincha Europe magazine. [More](#)*

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## **'Do You Want To Be the One Who Can Heal Relationships with Your Ancestors?'**

**Reflection by Marlies Cober, European 3 Doors Academy Graduate**

*This article also appears in the Summer issue of Ligmincha Europe magazine.*

"Do you want to be the one who can heal relationships with your ancestors?" This is what I heard Tenzin Wangyal Rinpoche say in 2011. I had been thinking about starting The 3 Doors Academy, but the moment I heard these words there was no longer any doubt. [More](#)

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## **Sangha Sharing** **Poetry and Pictures**

*Participants who attended this year's Summer Retreat, on the topic of "Dream Yoga," share some photos and poetry from the retreat. [More](#)*

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## **Ligmincha International's 2014 Annual Report Now Available**

### **Highlights Include Upcoming Groundbreaking of New Serenity Ridge Facility**

Ligmincha International's Annual Report for fiscal year 2014 was recently released. Read about what has been happening during 2014, and read a report about Ligmincha's finances.

This year's report has a more international focus than previous years, as the organization has changed its name from Ligmincha Institute to Ligmincha International, has a new board that includes members from around the world, and includes information about Tenzin Wangyal Rinpoche's expanded teachings in various countries and online. Also read about changes at Serenity Ridge Retreat Center in Virginia, international headquarters of Ligmincha, including plans for a new building to meet expanding needs.

[Read the 2014 Ligmincha International Annual Report](#)



## **Ligmincha's Annual Fall Retreat at Serenity Ridge Oct. 21–25**

### **Early-Bird Registration Runs Until Sept. 22**

Ligmincha's Annual Fall Retreat at Serenity Ridge on "The Five Elements: Connecting with the Living Universe" with Geshe Tenzin Wangyal Rinpoche will be held Oct. 21–25, 2015. Early-bird registration will run until Sept. 22.

According to the ancient Tibetan spiritual traditions, the five natural elements of earth, water, fire, air and space are fundamental aspects of a living universe. Tenzin Wangyal Rinpoche will guide practices through which we can deeply connect with the elemental essences, and nourish and restore health and vitality.

[Learn more/register](#)

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## **Help in National Research Project on Finding Faith Today Letter Requests Online Survey Participation**

Ligmincha recently received a request from a professor and researcher at Boston University, Bryan P. Stone, requesting help in a national research project being carried out by Boston University called "Finding Faith Today." The basic research is looking at how people come to faith as adults in the United States. You can [read more about the project](#) ; and you can review the survey by clicking on the Clergy button on that website.

Professor Stone writes in his letter that they are looking for adults age 18 and over, who have either converted to Buddhism or “returned” to Buddhist faith and practice from an earlier commitment in their lives, to complete the survey. All responses will be completely anonymous and confidential. The online survey also can be taken in multiple languages, as persons directed to it will easily discover.

Learn more about the survey on [Finding Faith Today](#).

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## **Three-Week GlideWing Online Workshop Sept. 19–Oct. 11 ‘Tibetan Sound Healing’**

In this three-week online workshop with personal guidance from Geshe Tenzin Wangyal Rinpoche, you will learn to use the healing power of five sacred syllables referred to as the Five

Warrior Syllables. Guided by the mind and carried by the breath through subtle channels within the body, the power of sound will open the potential to bring joy and love to your life, facilitate personal healing, dissolve energetic disturbances and awaken positive action in the world around you.

[Learn more/register](#)



## **Special Teaching/Empowerment Sept. 19–20 at Serenity Ridge** **With Yangton Lama Tashi Gyaltsen Rinpoche**

Tashi Gyaltsen Rinpoche will offer teachings on the Invocation to Tapihritsa on Saturday, Sept. 19, and the Zhang Zhung Meri empowerment on Sunday, Sept. 20, at Serenity Ridge Retreat Center.

These teachings express the essence of dzogchen, the "great perfection," with Tapihritsa representing the realization of all the masters of the Zhang Zhung oral tradition and the true nature of reality. Lama Tashi is head lama of the Yanggon Thongdrol Phuntsog Ling Monastery in Dolpo, Western Nepal. Geshe Tenzin Yangton, resident lama at Serenity Ridge and Lama Tashi's nephew, will translate.

[Learn more and register](#)



## **Thanking Two of Our Volunteers** **Service to the Sangha**

At the end of every retreat at Serenity Ridge we make an effort to acknowledge the volunteers

who supported the retreat. This past July during the summer retreat at Serenity Ridge, in addition to these thanks, we had the opportunity to recognize Vickie Walter and Vicki Wheaton for their years of service to the sangha. As thanks for their work, Rinpoche gave to each of them beautiful pieces of his calligraphy. [More](#)

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## **Spanish and Portuguese Translations of VOCL**

### **Links to June Issue Now Available**

[Read VOCL in Spanish](#)

[Read VOCL in Portuguese](#)

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## **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 [sr.registration@ligmincha.org](mailto:sr.registration@ligmincha.org) or 434-263-6304.

**Sept. 19-20, 2015**

**Special Teaching and Empowerment**

*with Yangton Lama Tashi Gyaltsen Rinpoche*

[Learn more/register](#)

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**Oct. 21–25 , 2015**

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

*with Geshe Tenzin Wangyal Rinpoche*

[Learn more/register](#)

**Nov. 5–8, 2015**

**Trul Khor Part 5: Post-Training**

*with Alejandro Chaoul-Reich, Ph.D., and honored guest Geshe Tenzin Yangton*

[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 the [Ligmincha registrar](#) or call 434-263-6304, or visit the [Serenity Ridge website](#) .