

Teaching Issue

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Letter from the Editors

Happy Losar!

Dear Friends,

We wish you all a Happy Losar! Let's celebrate the Tibetan New Year and practice together with Tenzin Wangyal Rinpoche by tuning into his free, live webcast on February 13, during Losar celebrations! This webcast is the first in a NEW six-part series on [Transforming Your World Through Service](#). [More](#)



One's Best Friend

An Excerpt from *The True Source of Healing* by Tenzin Wangyal Rinpoche

The ever-present, unbounded sacred space of your nature is beyond distinctions of beauty or ugliness, pain or pleasure. Just as fear can drive you away from connection with your essential nature, beauty, too, can pull you away from it. And just as fear can lead you back to your essential nature, so can beauty. [More](#)



Letter from Tenzin Wangyal Rinpoche

New Free Six-Month Internet Course

A message from Tenzin Wangyal Rinpoche about a new, free six-month Internet course, [Transforming Your World Through Service](#), starting in February. [More](#)



Free Live Webcast February 13 with Tenzin Wangyal Rinpoche

The Value of Enlightened Leadership

Join us from your computer on Saturday, February 13, 2016, 3–4:30 p.m. Eastern Time U.S. (New York time) for a free webcast on "The Value of Enlightened Leadership" to be given by Geshe Tenzin Wangyal Rinpoche. The webcast is the first in a new six-part series on "Transforming Your World Through Service." [More](#)



Register Now for April 1–3 Spring Retreat at Serenity Ridge

Enlightened Leadership with Geshe Tenzin Wangyal Rinpoche

Registration is now open for Ligmincha's annual Spring Retreat at Serenity Ridge. Geshe Tenzin Wangyal Rinpoche will teach on the topic of Enlightened Leadership from April 1–3. [More](#)



April Ceremonies Planned in India and Nepal To Honor His Holiness and His Eminence

Long Life Mandala Offerings for His Holiness Lungtok Tenpai Nyima Rinpoche and His Eminence Yongdzin Lopon Tenzin Namdak Rinpoche are planned in India and Nepal during April 2016. Although Ligmincha International will not be coordinating trips to India or Nepal, Ligmincha encourages sangha members to go if they are able. Worldwide followers of Yungdrung Bon are invited to join in this special occasion to express gratitude and devotion to these two precious masters for their inexhaustible kindness and tireless noble activity for the benefit of all sentient beings.

[Learn more](#)



Announcing the Program for the Second Year of Lishu Institute Ma Gyud Will Be Focus of Residential Program in India

Lishu Institute announces its program of study for the second of year of its three-year residential program in Tibetan Bon Buddhism. The second year will focus on the Ma Gyud teachings, one of the major tantric cycles in the Bon tradition. [More](#)



Next GlideWing Workshop Begins March 5 Tibetan Dream Yoga

In this four-week online workshop, set for March 5–April 3, with personal guidance from Geshe Tenzin Wangyal Rinpoche, we will explore and practice the ancient Bon Buddhist teachings of Tibetan Dream Yoga. This workshop provides detailed instruction for dream yoga, including foundational practices done during the day. [More](#)



New Resident Lama for Ligmincha Texas

Geshe Denma Gyaltsen Arrives in January from Nepal

Meet Ligmincha International's new resident lama in Texas: Geshe Denma Gyaltsen. This article was written by Barbara Shreffler and Dorothy Matthews of the Ligmincha Texas sangha.

We welcome Geshe Denma Gyaltsen as the new resident lama of Ligmincha Texas. Geshe Denma arrived in Houston on January 3 to serve as Ligmincha Texas's first resident lama. [More](#)



Soul Retrieval Course Update

Final Month to Download Free Recordings and Support Materials

As Tenzin Wangyal Rinpoche has explained, soul retrieval is more than a one-time event, it's a lifetime practice. Even though the final live webcast in Rinpoche's yearlong course, The True Source of Healing, took place on January 9, the Ligmincha Learning course itself continues through February 29, with ongoing support from the recorded webcasts and discussion forums. [More](#)



Research on Tibetan Yoga for Women with Breast Cancer Ligmincha Research Director Presents at National Conference

Ligmincha's Director of Research Alejandro Chaoul-Reich presented results of a study investigating the effects of Tibetan yoga for female breast cancer chemotherapy patients to worldwide researchers at a recent national conference in Boston. [More](#)



Across the Expanse Anne C. Klein on the Transmission of Tibetan Buddhism

This interview, with Anne C. Klein, on the Transmission of Tibetan Buddhism, was originally published in the July–December issue of *Mandala*, a magazine run by the nonprofit organization Foundation for the Preservation of the Mahayana Tradition, and was republished by *Tricycle* magazine in July 2015.

Anne C. Klein is professor and former chair of Religious Studies at Rice University in Houston, Texas. She is also a founding director and resident teacher of Dawn Mountain, a center for contemplative study and practice in Houston. Her publications include *Path to the Middle* (SUNY Press), *Unbounded Wholeness*, coauthored with Geshe Tenzin Wangyal Rinpoche (Oxford University Press), and *Knowledge and Liberation* (Snow Lion Publications).

[Read interview here](#)



***Ligmincha Europe Magazine* Winter 2015–2016 Issue**
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Spanish and Portuguese Translations of VOCL
Link to February Issue Now Available

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Link to December Issue Now Available

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Upcoming Retreats
Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, Ligmincha

International headquarters located in Nelson County, Virginia. To register or for more information, click on the links below, [email us](#) or call 434-263-6304.

February 24–28, 2016

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

with Geshe Tenzin Yangton

[Learn more/register](#)

March 12–13, 2016

Special Teaching and Ritual: Offering an Ocean of Milk to the Lu

with Geshe Murig Nyima Kunchap

[Learn more](#)

March 29–31, 2016

Spring Work Retreat

[Learn more](#)

April 1–3, 2016

Spring Retreat: Enlightened Leadership

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

May 21–22, 2016

Special Weekend Retreat: Topic To Be Announced

with Khenpo Tenpa Yungdrung Rinpoche, abbot of Triten Norbutse Monastery, Kathmandu, Nepal

Details coming soon!

June 3–5, 2016

Tibetan Wellness Retreat

with Alejandro Chaoul-Riech, Ph.D. and Rob Patzig, President Ligmincha International

[Learn more/register](#)

June 19–July 2, 2016

Summer Retreat: Sleep Yoga. Attend one or both weeks.

with Geshe Tenzin Wangyal Rinpoche

[Learn more](#)

[See additional retreats](#)

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please [email the registrar](#) or call 434-434-202-6211; or visit the [Serenity Ridge website](#).