



What a View!

Gems from a Dzogchen Master

Enjoy these photos from Tenzin Wangyal Rinpoche's recent trip to Menri Monastery during Losar, and from Serenity Ridge, interspersed with words of wisdom from his book *Healing with Form, Energy and Light*

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Peaceful Valley with the Tibetan Buddhist Monastery in the foreground and misty mountains in the background. This is the home of the 14th Dalai Lama.



Serenity Ridge Retreat Center in Shenandoah National Park, Virginia during New Year's Eve



Serenity Ridge Retreat Center: Tenzin Wangyel Rinpoche and Rinpoche's son, Senche, with a young boy, Senche, during the New Year's Eve celebration.