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Letter from the Editors

Happy Losar – Year of the Earth Pig!

Dear Friends,

We are on the cusp of the Tibetan New Year – *Losar*, with lots to look forward to in 2019! Most specially for Ligmincha centers around the world, we look forward to the visit of His Holiness Lungtok Dawa Dargyal Rinpoche, the 34th Menri Trizin, on his first teaching tour in Europe and the United States since becoming the head of the Bön tradition.

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On Being Free and Traveling Light

An Edited Excerpt from Oral Teachings Given by Geshe Tenzin Wangyal Rinpoche, Fall 2018

Powa practice is about the transference of consciousness. In one sense it is about preparing to properly transition at the moment of death. In these teachings, though, we've been saying again and again, in a very practical sense, that we all have an opportunity with each of the many different kinds of transitions we go through in our lives to practice letting go of attachment and being more clear. [More](#)



Two February Retreats to Begin Soon at Serenity Ridge

Dzogchen & Ma Gyu Retreat with Khenpo Nyima Rinpoche and Sherap Chamma Retreat with Marcy Vaughn

On February 2–3, Khenpo Nyima Dhondup Rinpoche will be offering weekend teachings at Serenity Ridge on dzogchen, the highest form of teaching and practice in the Tibetan Bön tradition, and the Ma Gyü, one of the most important teaching cycles in Bön. Don't miss this very special opportunity to learn and practice with the head of the dialectic school at Menri Monastery.

[Learn more/register](#)

On February 8–10, Marcy Vaughn will give teachings at Serenity Ridge on “Sherap Chamma: Mother of Wisdom and Love.” Sherap Chamma is the source of wisdom, and her medicine is love and compassion. With visualization, the sound of mantra and deep contemplation, senior student and teacher Marcy Vaughn will guide participants in a beautiful and simple meditation practice enabling each to connect directly with the divine feminine energy.

[Learn more/register](#)



His Holiness the 34th Menri Trizin Teaching Tour Coming This Summer

Ligmincha Centers in Europe and U.S. Included in Three-Month Tour

His Holiness the 34th Menri Trizin, Lungtok Dawa Dargyal Rinpoche, will be visiting the West for the first time since his enthronement during a three-month teaching tour that begins early this summer. [More](#)



Sa Le Ö Musical Healing and Meditation Tour Coming in June

Performance to Benefit Children in India and Nepal

Sa Le Ö, a very special musical healing and meditation concert created under the guidance of Geshe Tenzin Wangyal Rinpoche, will tour the U.S. and Mexico in June 2019. [More](#)



Registration Open for Summer Retreat: June 23–July 7, 2019

His Holiness, the 34th Menri Trizin, Is Honored Guest Teacher

We are honored to have His Holiness, the 34th Menri Trizin (abbot of Menri Monastery and spiritual head of the Tibetan Bön tradition), join Geshe Tenzin Wangyal Rinpoche in teaching the practice of tummo (inner heat) at [Serenity Ridge's Summer Retreat](#) . [More](#)



Happy Losar – Year of the Earth Pig

Learning About Tibetan Astrology

This article is from a series on Tibetan Astrology written by Raven Cypress Wood, a longtime student of Bön, and can be found on her website [Nine Ways](#) . Raven has translated hundreds of Yungdrung Bön prayers, poems, texts and commentaries and is the author of [Indestructible, The Longevity Practice of Lama Tsewang Rikdzin](#)

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Special Losar Webcast on February 9

Join the Cyber-Sangha in Welcoming in New Year

Plans are in process to have a special Losar webcast on February 9 on Facebook Live. Join us from 11 a.m. Eastern Time until about noon on [Ligmincha International's Facebook](#) page.

[More](#)



Rinpoche Live on Facebook: Upcoming Broadcasts in March

Subscribe to Email List to Stay Informed

Tenzin Wangyal Rinpoche invites you to connect with him, the ancient Tibetan teachings and fellow students around the world through regular live broadcasts that can be easily viewed on Rinpoche's Facebook page. Several new broadcasts are scheduled in March. [More](#)



Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

Upcoming Retreats Available on Ligmincha Website

Here are the latest additions to Tenzin Wangyal Rinpoche's teaching schedule for 2019. It includes Rinpoche's in-person teachings at Ligmincha International retreat centers or other locations throughout the world. [More](#)



New Online Host Program on Ligmincha Learning

Practice with Family, Friends, Colleagues

Ligmincha is excited to share a new Host Program available to anyone with an established meditation practice in our tradition who wishes to help create a local practice group. [More](#)



'The Five Elements: Healing with Form, Energy and Light'

Ligmincha Learning Online Course Begins February 9

Ligmincha Learning offers a six-week online course on “The Five Elements: Healing with Form, Energy and Light” with Geshe Tenzin Wangyal Rinpoche from February 9–March 23, 2019. [More](#)



'The Truth That Sets You Free'

GlideWing Online Course Begins February 16

"The Truth That Sets You Free: Discovering Your Inner Wisdom Through Practices of Waking and Sleeping" with Tenzin Wangyal Rinpoche is a three-week online workshop offered by GlideWing from February 16–March 10, 2019. This workshop is about becoming liberated from fear and other disturbing emotions so you may live more fully and genuinely in all aspects of life. [More](#)



Annual Spring Retreat on 'The Five Elements'

Plus Spring Service Retreat and Personal Practice Retreat

Ligmincha's Annual Spring Retreat on "The Five Elements: Connecting with the Living Universe" with Geshe Tenzin Wangyal Rinpoche will be held April 11–14. 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. [More](#)



Symposium for Contemplative Sciences April 14–16

Symposium at Serenity Ridge Focuses on Body, Breath and Mind

Join Geshe Tenzin Wangyal Rinpoche and a range of presenters this spring for cutting-edge dialogues and powerful practices that explore the roles of body, breath and mind from various perspectives in the contemplative sciences. Learn about the latest research from leading mind scientists and humanities scholars, alongside experiential knowledge from meditation practitioners and Tibetan medical doctors. [More](#)



Student and Teacher

Together on the Path

As students on the Tibetan Bön Buddhist path, we offer our teachers a range of simple and difficult questions. Tenzin Wangyal Rinpoche has a wonderful ability to understand human nature, cut to the truth and share his wisdom in his response to these questions. Here is one question from a student attending the 2018 Fall Retreat at Serenity Ridge. What follows is an edited excerpt from the oral teachings given in reply by Geshe Tenzin Wangyal Rinpoche.

Student: I want to ask you how can one deal better with the fear of dying? This is a very prominent feeling that I have. [More](#)



The 3 Doors in the New Year

Offerings Include Self-Guided Program, Online Programs and Retreats

The 3 Doors is pleased to announce the following program offerings for the first six months of 2019. In addition, registration for the next nine-month Online Compassion Project (September 2019–May 2020) with Gabriel Rocco and Marcy Vaughn will open soon. Sign up for e-news under “Stay Connected” on The 3 Doors [homepage](#) to receive the announcement. [More](#)



Spanish Translation of VOCL

Link to December Issue Now Available

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