

**Volume 22, Number 2/ April 2022**

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**Letter from the Editors**

**Prayers for Peace**

Dear Friends,

Our hearts go out to all. To Ukraine, to Russia and to the world as we watch this war and crisis change the landscape and lives of so many people. It's very hard to see so much suffering. How do we help and stay open in the midst of this tragedy? [More](#)

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**Relating Well to Death and Living Life Fully Now**

**An Excerpt from Tenzin Wangyal Rinpoche's Fall 2021 Retreat**

During this retreat we are meditating and imagining that we have only one year left to live, and

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coming to feel the strong sense of impermanence this evokes. *If I truly have only one year to live, what would I do? What are the priorities in my life? And what would I stop doing?*  
The reason we want to think in this way is that it is never too late to change things in our life. So what is preventing you?

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## **Ligmincha Fundraising Benefits Refugees of Ukraine Crisis**

### **Join in Interfaith Prayers for World Peace**

Since the start of the conflict in Ukraine, growing numbers of people have lost their homes or their loved ones. Many others have been injured, and many families have been separated.

Please consider joining Ligmincha International's fundraising efforts on behalf of the situation in Ukraine. You also can join Ligmincha instructor and practice leaders around the globe for online sessions of meditation, prayer and contemplation. [More](#)

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## **The Seven Mirrors of Dzogchen Practice Retreat**

### **Summer Retreat at Serenity Ridge and on Zoom June 19-July 2**

Join Tenzin Wangyal Rinpoche for the annual two-week Summer Retreat at Serenity Ridge in Virginia or online via Zoom. The Seven Mirrors of Dzogchen is an essential text of the Tibetan Bon dzogchen tradition, which directly introduces us to the clear, open awareness that is our true nature and offers methods for maintaining a connection to the natural state. The text was composed by Drenpa Namkha, a great Tibetan meditation master of the late seventh/early eighth century.

[More](#)



## The Seven Mirrors of Dzogchen

### New Book by Tenzin Wangyal Rinpoche Now Available in Ligmincha Store

Tenzin Wangyal Rinpoche's newest book, *The Seven Mirrors of Dzogchen: Teachings and Commentary on an Ancient Dzogchen Text*, is now available in the Ligmincha Bookstore and Tibet Shop, following a brief delay in the printing process. The book is based on teachings that Rinpoche gave during his 2020 summer retreat, which was held completely online and drew more than 600 participants from 43 countries around the world.

[More](#)



## Tenzin Wangyal Rinpoche's Upcoming Teaching Schedule

## **Rinpoche is Traveling Once Again!**

Geshe Tenzin Wangyal Rinpoche's teaching schedule for 2022 continues to grow! Four seasonal retreats at Serenity Ridge are planned to be offered both in person to a limited number of participants, following social distancing guidelines, as well as online. [More](#)

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## **Ligmincha Learning's Online Courses in April**

### **The Five Elements and Sherap Chamma**

Ligmincha Learning is pleased to offer two upcoming video-based online courses beginning in April: The Five Elements with Tenzin Wangyal Rinpoche April 1-May 14; Sherap Chamma, Mother of Wisdom and Love with Marcy Vaughn April 15-May 14; and Ngondro: The Foundational Practices with Tenzin Wangyal Rinpoche (this course can be joined at any time).

[More](#)

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## **'Bring Body, Speech & Mind to Life'**

## **Free Yearlong CyberSangha Program with Full Moon Practice and More**

With the Tibetan New Year which began on March 3, 2022 (Year of the Water Tiger), Geshe Tenzin Wangyal Rinpoche launched a new online program of 24-Hour Full Moon Practices, plus related live teachings and science/spirituality dialogs with Rinpoche and invited guests. [More](#)

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## **The Story of Khyungtrul Rinpoche**

### **One of the Spiritual Stories from Zhang Zhung**

In the Bon tradition spiritual stories are a traditional form of teaching, inspiring practitioners to develop and strengthen their faith and devotion. In the second season of online "Spiritual Stories from Zhang Zhung" hosted by Ligmincha International European sanghas and Lishu Institute in India in December 2021 and January 2022, Khyungtrul Rinpoche, a great 20th century master, was the focus of one of the three presentations. [More](#)

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## **Ligmincha Italy Hosts Two Upcoming Retreats**

### **The 12 Little Tantras of Bon Dzogchen in May**

Ligmincha Italy will host two retreats with Geshe Nyima Woser Choekhortshang Rinpoche, both onsite to a limited number and online on Zoom. On May 13-15, 2022, in Bologna, Italy. Choekhortshang Rinpoche will teach on The 12 Little Tantras of Bon Dzogchen. On November 18-20 in Napoli, Italy, he will teach on Dream Yoga. [More](#)

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## Upcoming 3 Doors Programs

### Embracing Death, Walking the Healing Path, Breaking the Spell of Story

The 3 Doors is pleased to announce three online spring programs to support you in deepening your practice and connecting with community. They include a six-week course, monthly meditation series and a weekend workshop. [More](#)

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## Upcoming GlideWing Online Workshop

### Tibetan Dream Yoga Begins April 30

GlideWing is pleased to offer Tibetan Dream Yoga, an online workshop with Tenzin Wangyal Rinpoche from April 30-May 29. Now with Spanish subtitles. In this four-week workshop participants will explore and practice the ancient Bon Buddhist teachings of Tibetan dream yoga. The workshop provides detailed instruction for dream yoga practice, with discussion of the relationships between dreaming and waking and between dreaming and death. [More](#)

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## Join Our Zoom Team!

## Volunteers Needed for Zoom and Webinar Hosts, Co-Hosts, Chat Managers

Do you have experience hosting Zoom meetings for large or small groups? Would you like to use those skills to support Tenzin Wangyal Rinpoche, our resident lamas and other teachers? Please consider joining Ligmincha International's Zoom team volunteers.

We are looking for three to seven people to join our experienced team of Zoom meeting and webinar hosts, co-hosts and chat managers. [More](#)

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## Student and Teacher


### Together on the Path

*In this excerpt from the Fall 2021 Retreat on Living in Joy, Dying in Peace, Tenzin Wangyal Rinpoche speaks to a student's difficulty with imagining dying.*

**Student:** I have an aversion to looking at the death process. It's not because I'm afraid. What's hardest for me is imagining saying goodbye to my children and all my loved ones. The thought of that moment beyond which I will never see them again is very, very painful for me.

[More](#)

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