

Volume 22, Number 3/ June 2022

[Read the full issue](#)



Letter from the Editors

The Mirror in Dzogchen

Dear Friends,

Pointing to what is beyond understanding of the conceptual mind, symbols and images can inspire us or lead to an *Aha* moment, and even to a deep recognition of our own true nature. In Tenzin Wangyal Rinpoche's newest book, *The Seven Mirrors of Dzogchen*, based on a profound text on the nature of mind by Bon master Drenpa Namkha, the mirror signifies much more than a looking glass; rather, it is a powerful symbol pointing us toward who we truly are! In this issue we include an excerpt from the first chapter titled *The Heart Mirror of the View*, in which Rinpoche describes the way of viewing our world through the lens of openness and clarity, accepting and accommodating all, just as a mirror does.

[More](#)



The Heart Mirror of the View

An Excerpt from *The Seven Mirrors of Dzogchen* by Tenzin Wangyal Rinpoche

The mirror of the view is boundless, naturally clear, and unchanging. It has the ability to accommodate and fully connect with appearances no matter what is happening, particularly when we feel what is happening is challenging or not good. The ability to open, accommodate and connect is the view, the first mirror.

Having a boundless view is difficult, almost impossible for us. Who has a completely boundless view? I don't. My practice in this life, in one single word, is to open, more and more and more.

[More](#)



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. [More](#)



Tenzin Wangyal Rinpoche's Upcoming Teaching Schedule

June Through December 2022

Here is Geshe Tenzin Wangyal Rinpoche's teaching schedule for the remainder of 2022. Rinpoche will offer three more seasonal retreats at Serenity Ridge in Virginia this year, both in person and online, as well as other retreats in Europe, Colorado and California. Many of his retreats will be offered both in person and online. [More](#)



Serenity Ridge Needs Your Help

Please Consider Donating to Complete Important Projects

Dear Sangha and Friends,

Ligmincha, as a community, has grown so much over the past two years. Under Tenzin Wangyal Rinpoche's always inspiring example and guidance, we have learned that our different languages, locations, experiences and interests don't divide us, they bring us together and enliven us! And as we are leaving the Zoom-only world for retreats and events that take place both at our retreat centers and online, Serenity Ridge needs your help. [More](#)



Supporting Ukrainian Refugees

Polish, Hungarian Sanghas Offer Help

Since the start of the conflict in Ukraine, many women, children and elder people have left their homes or country to move to a safer place. Three million refugees from Ukraine have gone to Poland; and as well, many Ukrainian men living and working in Poland went back to Ukraine to defend their country. Many Ukrainians have fled to western Ukraine, where many people originally from Hungary live.

Both the Polish and Hungarian sanghas of Ligmincha International have been providing support for refugees and others impacted by the war. [More](#)



Invocation of Yeshe Walmo

June 5 with Geshe Denma Gyaltsen

Many of our Ligmincha retreat centers and sanghas worldwide close the last practice of each day by reciting the Invocation of Yeshe Walmo. Doing so, we invoke this enlightened protector of Yungdrung Bon to guide and protect us at every level. Join Geshe Denma Gyaltsen, resident lama for Ligmincha Texas, at Serenity Ridge or online on Sunday, June 5, for a special half-day teaching on this practice. [More](#)
