

**Volume 23, Number 5 / October 2023**

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**Letter from the Editors**

**A Breath of Fresh Air**

Dear Friends,

How can your breathing support your well-being, your creativity, your handling of difficult situations and pain identities, as well as support your ability to abide in the nature of mind? In this issue's teaching excerpt, Tenzin Wangyal Rinpoche explains how breathing in the best way possible can be a huge support in life, in our dzogchen practice, in our ability to abide and in all we endeavor to do. [More](#)

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**Resting in One's Nature and Cultivating the Habit of Breathing Well**

## An Excerpt from Tenzin Wangyal Rinpoche's Summer 2023 Teachings at Serenity Ridge

Researchers and practitioners in the field of mind-body medicine have been talking about stress response versus the relaxation response. Or as I would call it, the pain response versus the response from the calmness of one's heart. At any given moment, observe yourself and the level of stress response arising within. How would you say it is? Are you calm and connected, feeling okay, feeling safe and feeling good? Or is it more like you are in pain and in denial of that pain? Or are you agitated and misidentifying it as creativity? [More](#)

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## Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

### October to December 2023

Here is Geshe Tenzin Wangyal Rinpoche's teaching schedule. In October Rinpoche will be teaching in California and at Serenity Ridge for the annual fall retreat and back to Serenity Ridge for the annual winter retreat in December.

You can find the latest listings and any changes in the Events section of the [Ligmincha website](#) or the

[Serenity Ridge website](#)

. Please register for these online retreats through the specific Events box on the website. Updates will be provided on the website as they become available.

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