

# Teaching Issue

Volume 17, Number 1 / February 2017

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## Letter from the Editors Celebrations Ahead!



Dear Friends,

Happy 2017!

With the beginning of the new year, we want to renew and reenergize our practice, and Tenzin Wangyal Rinpoche is giving us many new opportunities to do this: retreats all around the world, free webcasts, TWR LIVE talks on Facebook, online workshops and, of course, Rinpoche's nine books, now available in many languages. We have many reasons to be grateful and to celebrate.

This year, 2017, we are celebrating Ligmincha International's 25th anniversary! Find out about plans for celebration in a letter from Ligmincha International President Rob Patzig. And it is almost time to celebrate Losar, the Tibetan New Year, beginning on February 27 – a time to clean and prepare for the new year, a time for practice and offerings, a time to be grateful for one's tradition, a time for prayers and a time for feasts. Mark your calendar for a live Losar broadcast on Saturday, March 4, at 10:30 a.m. New York time. Rinpoche and our resident lamas will be offering prayers and good wishes for the Year of the Fire Bird. Tashi Delek Losar!

This year we will see big changes at Serenity Ridge Retreat Center, home of Ligmincha International in Virginia. View photos and read an update about the construction now under way for the new building at Serenity Ridge, which will meet the needs of the Ligmincha community worldwide. And find out how your contribution of any amount can make a difference.

More exciting news to share from Tenzin Wangyal Rinpoche for the New Year! Visit Rinpoche's Facebook page to see TWR LIVE. These new live broadcasts on a range of topics will connect with you to Rinpoche on a regular basis. In a recent Facebook Live broadcast, Rinpoche gave us all some advice for the start of the new year: "Reflect on your life as the new year begins. And do not get trapped in those old patterns of so many old stories that don't serve anything anymore, not at this moment in your life nor in the future."

One opportunity for growth and exploration available to us every day is during our sleep – the topic of the teaching excerpt in this issue. Rinpoche describes sleep as a sacred dimension, one in which we can leave behind our ego and pain and instead grow, be aware and come to experience the clear light of sleep, our true nature. We hope you enjoy the excerpt. Don't miss the simple exercise that Rinpoche describes at the conclusion.

Mark your calendar for the next free live webcast with Tenzin Rinpoche on February 11, the last in the series on "Living in Joy, Dying in Peace." There are simultaneous translations of the webcast in up to 12 languages, as well. The next GlideWing online course with Tenzin Rinpoche, on meditation as medicine for body and mind, begins February 25. A six-week Ligmincha Learning online course on the five elements starts March 3.

Join Rinpoche for the annual Spring Retreat at Serenity Ridge March 31–April 2 on "Meditation on the Six Lokas: Purifying the Obstacles to Enlightenment." Spring is also a great time to be at Serenity Ridge Retreat Center – why not plan to come early or stay longer offering your help during the Spring Service Retreat? Just around the corner is the annual two-week Summer

Retreat from June 25–July 8. During each week Rinpoche will offer both dzogchen teachings of the Bön lineage masters and teachings from the Bön Mother Tantra.

You can always find Tenzin Rinpoche's teaching schedule by date and by location on the Ligmincha International website. Last but not least, you'll find the links to the Spanish and Portuguese translations of the December issue of Voice of Clear Light.

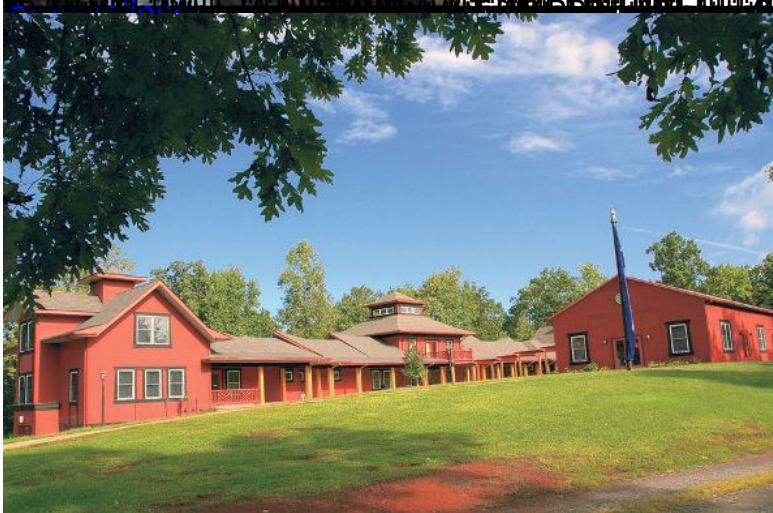
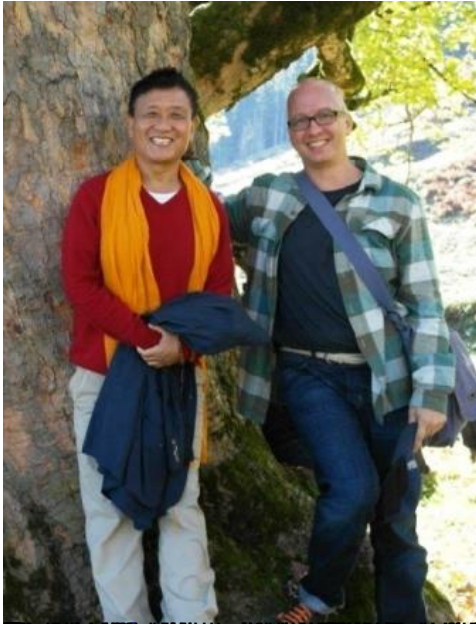
Best wishes in Bön,

Aline and Jeff



## **Ligmincha Celebrates 25th Anniversary in 2017!**

### **A Letter from Ligmincha International President Rob Patzig**



## Update on Serenity Ridge Building Construction New Facility Will Serve Ligmincha Community



[Donate](#)



## Announcing TWR LIVE

Connect with Tenzin Wangyal Rinpoche Through Live Facebook Broadcasts



[Access TWR LIVE on Facebook](#)



Bringing  
Ancient Wisdom  
Teachings to Life

With the start of the new year, Tenzin Wangyal Rinpoche has launched an innovative way for you to connect with him, the ancient teachings and fellow students around the world through regular, live broadcasts that can be easily viewed on his Facebook page.

Every few days, Rinpoche will broadcast live discussions of his books, interviews with experts in the fields of science and spirituality, pith wisdom teachings from the Tibetan Bön Buddhist tradition and much more. Through these new TWR LIVE broadcasts, viewers can even enjoy occasional impromptu live streams featuring Rinpoche, his family and/or his travels. As with Rinpoche's other webcasts, viewers will have an opportunity to submit questions and receive answers from Rinpoche.

These broadcasts are free and open to all. You don't need a Facebook account to watch TWR LIVE; simply visit [Rinpoche's Facebook page and s](#) croll down to the viewing screen. If you do have a Facebook account, be sure to like his page and click on "Follow" to receive a notification each time he goes live. The upcoming schedule and archives of all recorded broadcasts can be found at [Ligmin cha Learning](#)

**A new TWR LIVE seven-week series live on Facebook is now under way!**

[View schedule and archives](#)



Rinpoche is taking advantage of new Facebook Live technology to connect more often with students in an informal way. Through TWR LIVE you can broaden your knowledge and deepen your connection to the ancient wisdom traditions of Tibetan Bön Buddhism. You also can learn meditation practices and cultivate awareness for greater social and personal transformation.

### **Conversations LIVE on Facebook**

In this special feature of TWR LIVE, Rinpoche will talk with experts in many fields including science, health, philosophy, medicine and spirituality. Presenters will share from their specialties their perspectives on relevant issues of our time, and Rinpoche will weave in pertinent aspects related to the ancient Tibetan Bön Buddhist teachings. Opportunities will be available to engage in question-and-answer sessions with Rinpoche and presenters.

**Tenzin Wangyal Rinpoche** is the founding spiritual director of Ligmincha International, a worldwide network of Tibetan Bön Buddhist centers and spiritual communities. For more information about Rinpoche, his teaching schedule, online learning and books, visit the [Ligmincha International website](#)

Your ideas for future broadcasts are most welcome! So is your support, whether through online technical assistance or monetary donations.

[Submit ideas for broadcast topics or learn how you can help](#)

[Donate now](#)

[View upcoming schedule and access recordings](#)

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## **Upcoming Conversations LIVE on Facebook**

### **Join Rinpoche and Guest Presenters**

**Sunday, February 12, 8:30 a.m. Eastern Time U.S. (New York time)**

### **A Conversation with Alejandro Chaoul-Reich, Assistant Professor and Director of Education, University of Texas MD Anderson Cancer Center**

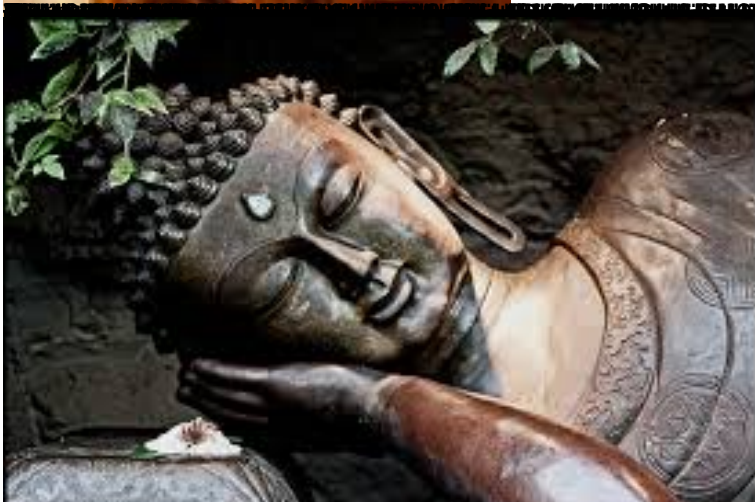
Tenzin Wangyal Rinpoche and guest presenter Alejandro Chaoul-Reich discuss the benefits of Tibetan yoga and sound meditation in cancer patients as revealed in research findings at MD Anderson Cancer Center in Houston, Texas. Since 2000, they formed a team that included MD Anderson researchers and Ligmincha Texas practitioners to investigate the possible benefits of the ancient Bön mind-body practices of tsa lung and trul khor with different cancer populations and their caregivers. They also have researched the benefits of Tibetan sound meditation to ease cognitive impairment after chemotherapy in women with breast cancer. This research has helped reshape the clinical group and individual meditation sessions that MD Anderson provides to patients and caregivers, and now also to faculty and staff.



### **‘Sleep Well and Awaken to Luminous Mind’**

#### **An Edited Excerpt from Oral Teachings by Tenzin Wangyal Rinpoche**





[Books and Tibet Shop](#)



## February 11: Next Free Live Webcast with Tenzin Rinpoche Helping Loved Ones Through Sickness and Death



Tenzin Wangyal Rinpoche

Join Tenzin Wangyal Rinpoche from your computer for the next free live webcast on **February 11** (Saturday), 3–4:10 p.m., on the topic of "Helping Loved Ones Through Sickness and Death." This webcast is Part 6 of a free six-month course on Living With Joy, Dying in Peace. Each webcast is free and open to all!

-The time may come when you feel called to support a friend or loved one through the struggles of aging, sickness and death. According to the Tibetan traditions, to be of true service a helper needs three beneficial qualities: openness, awareness and warmth. In this webcast, Geshe Tenzin Wangyal Rinpoche explains how to:

- Open yourself more fully to your friend or loved one without being driven by fears or expectations.
- Connect more fully with the person, rather than disengaging due to stress, emotion, or compassion fatigue.

- Host the other person in the warmth of loving-kindness, to nurture a genuine sense of acceptance, comfort, protection and trust.

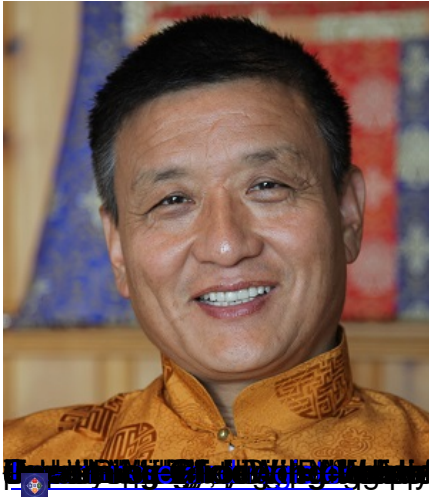
Real-time translation will be offered in as many as 12 languages.

[Access translations here](#)

[Register now for this free live webcast](#)



**Next GlideWing Online Workshop Begins February 25**  
**'Healing from the Source: Meditation as Medicine for Body and Mind'**



## Next Ligmincha Learning Online Course Starts March 3

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



Sign up now for Ligmincha Learning's six-week online course with Tenzin Wangyal Rinpoche on "The Five Elements: Healing with Form, Energy and Light." This course runs from March 3–April 14, 2017.

In this course Tenzin Wangyal Rinpoche explores how each of the five elements relates to our daily experiences, emotions and relationships. Rinpoche guides meditations for each of the elements, designed to help clear our obstacles and bring balance to our lives.

Each section of the course includes a video of Rinpoche's teaching, Rinpoche leading a guided meditation, readings from his book *Healing with Form, Energy and Light* and assignments for journal writing, discussion, and formal and informal practice. The course is designed so that you may integrate study and practice into your everyday routine, learning at your own pace, yet enjoying the support of classmates and the course mentor.

[Learn more and register](#)

**Upcoming Ligmincha Learning online course May 5–June 10, 2017:** [The Three Heart Mantras](#)

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**Spring Retreat: March 31–April 2 at Serenity Ridge**  
**Meditation on the Six Lokas: Purifying the Obstacles to Enlightenment**



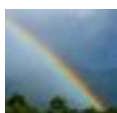
Join Geshe Tenzin Wangyal Rinpoche March 31–April 2, 2017, for the Spring Retreat on "Meditation on the Six Lokas: Purifying the Obstacles to Enlightenment."

At one time or another each of us suffers strong emotions that throw us off balance, cause us to act in ways that we later regret, and disconnects us from the clear open space of our true nature. Centuries ago the masters of the Tibetan Bön Buddhist lineage developed the meditations of the Six Lokas (or realms) specifically to meet our powerful emotions, find the medicine in so doing, and live our lives in a balanced and relaxed way.

The practices of the Six Lokas have a deeply healing and transformative power, and are traditionally practiced as a preliminary to dzogchen contemplation.

Tenzin Rinpoche welcomes everyone to join him at Serenity Ridge to explore these powerful teachings and apply them in our lives. During this retreat, Rinpoche will explain how physical movements, breath, mantra, imagery and contemplation can deeply purify the seeds of our karmic patterns and support the healing that comes from resting in one's true nature, the source of all joy and happiness.

[Learn more and register](#)



## **Spring Service Retreat at Serenity Ridge**

**March 29–30 and April 3–4**

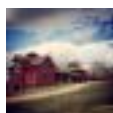




Join us at Serenity Ridge on March 29–30 and April 3–4 for a special service retreat just before and just after the annual Spring Retreat. This is a wonderful time to share with the sangha and to be of joyful service. Participants who work a total of 18 hours will receive 50 percent off the cost of Spring Retreat registration.

[Learn more](#)

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## **Join Us for Special Two-Week Summer Retreat** **Bön Dzogchen Pith Instructions & Teachings on the Bön Mother Tantra**



Both new and continuing students are warmly invited to gather at Serenity Ridge for this special summer retreat with Geshe Tenzin Wangyal Rinpoche. This year marks the 25th anniversary of Rinpoche's founding of Ligmincha International. Registration is now open.

Rinpoche has graciously agreed to teach on two topics this summer: pith instructions on the nature of mind, dzogchen, and teachings from Bön Mother Tantra. These are the focus of Rinpoche's own personal practice and the core of his teachings for the past 25 years

The morning teachings of both weeks will focus on the pith instructions of Bön dzogchen lineage masters. Dzogchen, which translates as "great perfection" or "great completion," is the highest among the array of profound teachings of the Bön and Tibetan Buddhist traditions. Knowledge from the 24 dzogchen masters of the ancient country of Zhang Zhung (located in what is now Western Tibet) was distilled into pith instructions pointing out the empty and luminous nature of mind. Rinpoche will share these teachings in a meditative setting that supports students to open their hearts and connect with their nature of mind. During the second week of the retreat, Rinpoche will give the transmission for the pith instructions of the Twenty-Four Masters of the Zhang Zhung Nyen Gyu.

In the afternoons of both weeks, Rinpoche will teach from the Bön Mother Tantra. His focus will be on the six great methods of the path of the Ma Gyü cycle, one of the major tantric cycles of Bön. These six methods include the teachings of the elements, chöd (cutting fear and attachment), bardo, powa (the transference of consciousness), and the yogas of sleep and dream. They compose the principal tantric teachings for our sangha and provide support for the practice of dzogchen.

You are welcome to attend one or both weeks. If you can only attend one week, Rinpoche suggests that newer students attend the first week. Simultaneous translation into Spanish will be available.

Immediately following Summer Retreat, you are invited to attend a [practice retreat](#) led by Geshe Tenzin Yangton, the resident lama of Serenity Ridge. Consider staying from one to six days to deepen your connection to these important teachings.

The special teachings of the Summer Retreat retreat are in honor of Ligmincha International's 25th anniversary; however, the main anniversary celebration will be held on Sunday, October 22, following the Fall Retreat.

[Learn more/register and read a special invitation from Rinpoche](#)

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## **Tenzin Wangyal Rinpoche's 2017 Teaching Schedule Links by Date and Location**



On the [Ligmincha International website](#) you can always find Rinpoche's teaching schedule by date and by location.

[View schedule by date](#)

[View schedule by location](#)

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## **Spanish and Portuguese Translations of VOCL Links to December Issue Now Available**

[Read VOCL in Spanish](#)

[Read VOCL in Portuguese](#)

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## **Upcoming Retreats**

### **Serenity Ridge Retreat Center**

The retreats listed below will take place at Serenity Ridge Retreat Center, Ligmincha International headquarters located in rural Nelson County, Virginia. To register or for more information, click on the links below, [email us](#) or call 434-263-6304.

**March 29–30 and April 3–4, 2017**

**Spring Service Retreat**

[Learn more](#)

**March 31–April 2, 2017**

**Spring Retreat: Meditation on the Six Lokas – Purifying the Obstacles to Enlightenment**

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

**June 25–July 8, 2017**

## **Summer Retreat: Bön Dzogchen Pith Instructions & Teachings on the Bön Mother Tantra**

with Geshe Tenzin Wangyal Rinpoche

You are welcome to attend one or both weeks. Live translation available in Spanish.

[Learn more/register and read a special invitation from Rinpoche](#)

**October 18–21, 2017**

## **Fall Retreat: The Knowledge and Wisdom of Longevity**

with Geshe Tenzin Wangyal Rinpoche

*Note: Ligmincha's 25th Anniversary celebration will follow the retreat.*

**October 22, 2017**

**Special Celebration: 25th Anniversary of Ligmincha International and Viewing of New Building**

**October 22 (evening)–October 24, 2017**

**Science and Spirituality Conference**

with Geshe Tenzin Wangyal Rinpoche and expert presenters

**December 27, 2017–January 1, 2018**

**Winter Retreat: The Experiential Transmission of the Zhang Zhung, Part 4**

with Geshe Tenzin Wangyal Rinpoche

*Prerequisite: Previous completion of Part 3 of the Experiential Transmission of Zhang Zhung series.*

To register for any of the above retreats, or for more information about teachings in the Bön Buddhist

tradition of Tibet, please [email the registrar](#) , call 434-218-1290 or visit the [Serenity Ridge website](#) .