



## **Update on Ligmincha's Fall 25th Anniversary Celebrations!**

### **Fall Retreat, October 22 Anniversary Celebration, Science and Spirituality Conference**

Join us for a series of special teachings and events this fall at Serenity Ridge Retreat Center in honor of the 25th anniversary of Ligmincha International. We warmly invite our Ligmincha International sangha to join us at Serenity Ridge in Virginia, headquarters of the international organization, for this special celebration.

### **Fall Retreat**



This fall, Tenzin Wangyal Rinpoche will teach for the first time on the topic “The Knowledge and Wisdom of Longevity.” The Fall Retreat is scheduled from October 18–21.

In this very special four-day retreat, Geshe Tenzin Wangyal Rinpoche will teach from the Tsewang Jarima, a text written by Tsewang Rigdzin, as well as offer the empowerment related to its practice. The son of the eighth century Tibetan master Drenpa Namkha, Tsewang Rigdzin is known as the “King of Longevity.” In addition to composing many ritual texts aimed at alleviating suffering, he was a dzogchen lineage master.

The wisdom of Tsewang Rigdzin and the practices associated with this teaching can help us retrieve, extend and enhance our life force: healing environmental, physical, emotional and energetic imbalances in our lives.

Registration is expected to open in April.

[Learn more and view video from Rinpoche](#)

## **Day of Celebration October 22**

Immediately following the Fall Retreat, on October 22, all are invited to attend a daylong celebration of Ligmincha International's 25th Anniversary. Plans are still being finalized for the event. Serenity Ridge will host an open house with many free events, including guided practice, music, visual arts and viewing of the new building. Join Tenzin Wangyal Rinpoche, Ligmincha's resident lamas and other special guests. More information will be available later.

## **Science and Spirituality Conference**

In past years, Ligmincha has hosted several Buddhism and Science conferences at Serenity Ridge. Join us beginning the evening of October 22 through October 24 for the Science and Spirituality Conference. The theme is "The Medicine of Mind: Healing Physical and Emotional Pain."

Tenzin Wangyal Rinpoche and a select group of top investigators will discuss research and findings related to how meditation and other spiritual practices can bring about healing of physical and emotional pain. Rinpoche will deliver the keynote address on October 22, guide meditation sessions and participate in panel discussions. More information to come.

We hope you'll be able to join us for one or all of these exciting events as we celebrate Ligmincha's 25 years of existence and look forward to a bright future with an ever-growing international community. More information will be posted on the [Serenity Ridge website](#) as we move closer to the date.