

Announcements Issue

Volume 17, Number 4 / August 2017



Letter from the Editors Serenity Ridge Lifting Higher!



Dear Friends,

With the help of many dedicated and talented sangha members who have contributed photographs over the years, there is a rich visual collection now being created that will be an archive of Ligmincha International, now 25 years old. You will soon be able to enjoy a beautiful tour through Ligmincha's history in a special 25th anniversary book, filled with photos and text, expected to be available in the fall. For now, though, we want to share with you some beautiful photos, both old and new, of Serenity Ridge in Nelson County, Virginia, home of Ligmincha International. We've sprinkled in a few photos of Tenzin Wangyal Rinpoche, Ligmincha's teacher and founder. Enjoy!

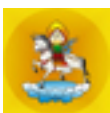
Celebrate Cyber-Sangha Week beginning October 22 as part of Ligmincha's 25th Anniversary celebration! Rinpoche has encouraged us all to trust in the power of the cyber-sangha, and as he said recently in a TWR LIVE broadcast from the summer retreat at Serenity Ridge to all those participating at the retreat and around the world:

"It is always in our hearts to try and stay open, to give support and receive support from each other. The openness is both ways – we are all here together."

Be sure to look for details about the new, upcoming TWR LIVE Facebook series on Pith Instructions beginning September 6. Check out the next Ligmincha Learning and GlideWing (brand new!) online workshops starting in September. Also coming soon – a new Tibetan language course to be offered online through Zoom!

Just announced: Yangton Lama Tashi Gyaltzen Rinpoche will give weekend dzogchen teachings at Serenity Ridge on the Invocation of Taphritsa September 16–17. Of course, everyone is invited to the 25th Anniversary celebration on Sunday, October 22, following the annual Fall Retreat at Serenity Ridge. See how you may be able to help Ligmincha's resident lamas attend by donating frequent flyer miles. Also, there will be two Tibetan Yoga retreats at Serenity Ridge in November. Don't forget to register soon to get the early-bird discount for The 3 Doors Compassion Project online course. Learn about Rinpoche's upcoming retreats in Europe, Asia and the U.S. Last, you'll find the link to the Spanish translation of the June issue of the Voice of Clear Light.

In Bön,
Aline and Jeff



Mark Your Calendars for Cyber-Sangha Week October 22–28

Seven Days of Online Celebration Honor 25th Anniversary



Rinpoche teaches online from Switzerland This October a [grand celebration](#) will take place at Serenity Ridge Retreat Center, headquarters of Ligmincha International, in central Virginia as Ligmincha honors the 25 years since its founding by Geshe Tenzin Wangyal Rinpoche. If you can't be at Serenity Ridge on October 22, you can still participate in the opening festivities from your computer or other device – part of a full week of special online observances – by visiting the [Ligmincha](#)

[International Facebook page](#)

. You don't need a Facebook account to participate!

This weeklong event, October 22–28, 2017, is known as Cyber-Sangha Week. It is Ligmincha's way of celebrating its teachers, teachings and traditions, as well as its many worldwide centers and spiritual communities (sanghas). By clicking and viewing, you'll discover how you can benefit from a wide variety of online and in-person offerings.

The week's observances include:

October 22: An opening ceremony will be broadcast live on Facebook from Serenity Ridge. There, Tenzin Wangyal Rinpoche, other Bön lamas and others will honor Ligmincha and some of the individuals who have contributed to Ligmincha over the years. Also on that day Ligmincha's other retreat centers in Mexico, Poland and Colorado, and Lishu Institute near Dehradun, India are invited to share live broadcasts, recorded videos, photographs and more.

October 23–28: Ligmincha sanghas throughout North and South America, Europe and beyond will be posting and broadcasting online. So far, planned sharings include:

- Guided meditations broadcast live from practice groups around the world
- Live and recorded video tours of practice centers and teaching halls
- Live and recorded greetings from sangha members and Bön lamas worldwide
- Videos of previous onsite teachings around the world by Tenzin Wangyal Rinpoche
- Photo albums of local sanghas, centers and events
- Diary entries from travels to sacred Bon and Buddhist locales in India and Nepal
- Announcement of the release of a mobile app designed to support the practice of Rinpoche's teachings
- Video introducing Rinpoche, Ligmincha's vision and many of the volunteers working to support his efforts

It all happens on the [Facebook page of Ligmincha International](#)

- If you're a Facebook member, be sure to ["like" the page](#) so you can be notified of posts as they arrive.
- For updates about Cyber-Sangha Week and its schedule, [click here](#).
- A note to Ligmincha sanghas that haven't already sent their suggestions for participating in Cyber-Sangha Week: To learn how you can contribute, please [email the Cyber-Sangha Week Committee](#)



Join the Celebration of Ligmincha's 25 Years October 22 at Serenity Ridge

Please Donate Frequent Flyer Miles for Resident Lamas to Attend



Everyone is warmly invited to attend a special celebration October 22 at Serenity Ridge Retreat Center in Virginia in honor of Ligmincha's 25th anniversary. There is no charge to attend. You also are requested to donate frequent flyer miles so Ligmincha's resident lamas can attend the event.

Geshe Tenzin Wangyal Rinpoche founded Ligmincha International in March 1992 in Richmond, Virginia. Ligmincha headquarters soon moved to Charlottesville. Serenity Ridge Retreat Center in Nelson County, purchased in 1998, began hosting retreats that year and became the organization's headquarters in 2009. Over the past 25 years, Ligmincha has become an international organization with centers and sanghas around the world and an active online cyber-sangha.

All sangha members are invited to Serenity Ridge for the special October 22 celebration. We extend a special invitation to international visitors to consider attending [Fall Retreat](#), which runs from October 18–21, and also our [Science and Spirituality Conference](#) on October 23–24.

Morning activities on October 22 for sangha members include a sang chod ceremony and raising of prayer flags at 8 a.m., tea at 9 a.m. and sangha celebration in the gumpa beginning at 10 a.m.

Afternoon activities will be open to the entire Tibetan community and area residents. From 12 noon until 4 p.m., all can enjoy a public event that includes music (Tibetan, sacred and offerings from our sangha), Tibetan food vendors, viewing of the new building and more. Ligmincha's Bookstore and Tibet Shop will be open. Look for additional information as plans develop.

[Learn more](#)

Donate Frequent Flyer Miles

Ligmincha resident lamas throughout the world are being invited to the celebration, along with other Bön lamas who are already in the United States. Because of the high cost of travel for Ligmincha's resident lamas, we are seeking donations of frequent flyer miles to help with their airline tickets.

Donated frequent flyer miles will be used for tickets to Charlottesville, Virginia from Poland for Geshe Yungdrung Gyatso, from India for Geshe Thupten Negi, from Mexico for Lama Kalsang Nyima and Lama Yungdrung Lodoe, and from Texas for Geshe Denma Gyaltsen.

If you would like to donate frequent flyer miles to help the resident lamas, please [email Sue Davis-Dill](#).

Other donations for expenses related to the special day of celebration also are welcomed!

Click here to

DONATE NOW



▯ **New ▯ TWR LIVE Series Begins September 6**

Pith Instructions of Tibetan Bön Buddhism



Bringing
Ancient Wisdom
Teachings to Life

From September 6 through November 22, 2017, Tenzin Wangyal Rinpoche will offer a free, 12-week series of Pith Instructions, broadcast each Wednesday live [from his Facebook Page](#) .

Pith instructions are an extraordinarily simple and direct way to connect with the ancient Tibetan teachings, which can sometimes seem a bit complicated, in part because of how students think about and relate to them. In this series of TWR LIVE teachings, Rinpoche will draw from his own years of personal reflection while teaching from the dzogchen tradition of Tibetan Bön Buddhism.



151

New September Retreat on Tapihritsa Prayer Scheduled at Serenity Ridge

Taught by Yangton Lama Tashi Gyaltzen Rinpoche



[Learn more](#)



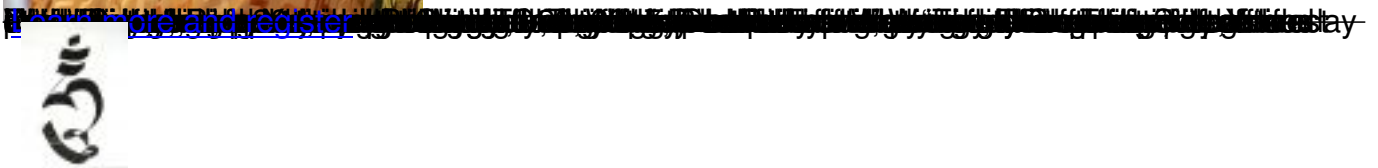
Online Course Through Ligmincha Learning

Sherap Chamma, Mother of Wisdom and Love with Marcy Vaughn



Next GlideWing Online Course Begins September 30

'The Truth That Sets You Free'



Tibetan Language Course in the Making!

More Details to Come on Ligmincha Website and Facebook

Plans are now being developed for a new Tibetan language course, to be offered later this year through Zoom.

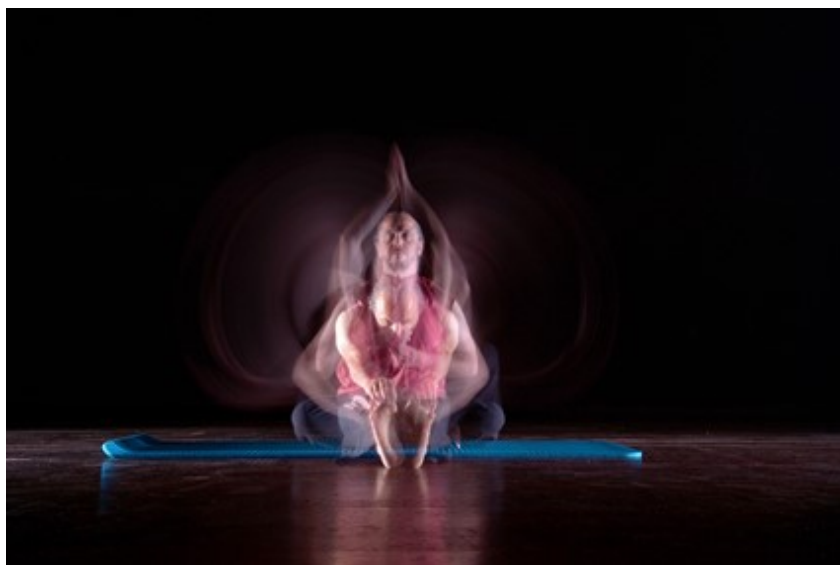
Details are still being discussed among Geshe Tenzin Wangyal Rinpoche, Geshe Tenzin Yangton and Geshe Denma Gyaltsen about the new course, to be offered online through Zoom. It will be an introduction to the Tibetan language, including learning to read and pronounce the familiar Bön prayers. The course will be taught live through Zoom (an online video and web conferencing service similar to Skype).

Stay tuned for all the details about these new Tibetan Language teachings coming soon!



Upcoming Trul Khor Part 1 Retreat and Graduate Training

Sessions Begin November 2 and November 3



Alejandro Chaoul-Reich teaching trul khor Two Tibetan Bön Yoga retreats – a retreat from the A-Tri Dzogchen tradition open to all and a training for graduates of previous Tibetan Yoga series – will be held concurrently at Serenity Ridge in November.

Beginners and experienced students alike are invited to join us November 2–5 for instruction in the ancient practice of Tibetan yoga (trul khor) from the Bön A-tri Dzogchen tradition, taught by Alejandro Chaoul-Reich. This course can stand alone and also will serve as the first in a series for training that will also include the foundational movement of Tibetan yoga from Oral Transmission of Zhang Zhung, also a Bön dzogchen tradition. An intermediate training program will be offered over the following two years, followed by an advanced training for two more

years. All trainings will be held at Serenity Ridge.

In the past this training series began with the Zhang Zhung Nyen Gyü trul khor. Now, we will start with the A-tri Dzogchen trul khor, as condensed by Geshe Tenzin Wangyal Rinpoche. All are welcome to attend.

Graduates who have done Parts 1, 2, 3 and 4 of Tibetan Bön yoga from Ligmincha since 2002 can join Tibetan Bön Yoga, Postgraduate, Part 5, on November 3–5. In this retreat, participants will explore the body's energetic dimensions and integrate the practice with everyday life. They will deepen their trul khor practice and also see how it connects with tummo (inner fire, heat, wisdom). Teaching with Alejandro will be Geshe Tenzin Yangton, Serenity Ridge resident lama, who has trained deeply in these practices in India and Nepal.

Tibetan yoga can serve as a powerful support for all spiritual practitioners, not only those with an interest in physical yogas. In the Tibetan spiritual traditions, body, speech/breath and mind are known as the three doors to enlightenment. The contemplative physical movements of Tibetan yoga (trul khor) enable us to enter all three doors at once through a single practice, offering a powerful, skillful means for clearing the obstacles and obscurations to openness and clarity in meditation practice.

[Learn more about Tibetan Bön Yoga, Part 1](#)

[Learn more about Tibetan Bön Yoga, Postgraduate, Part 5](#)



Alejandro Chaoul-Reich, Ph.D., has been teaching these retreats for more than 15 years at the request of Geshe Tenzin Wangyal Rinpoche. A senior student of Rinpoche, he has studied trul khor with many masters of the Bön Buddhist tradition of

Tibet. He is an assistant professor and director of education at the University of Texas (UT) MD Anderson Cancer Center in Houston and adjunct professor in UT's Medical School. He teaches meditation to cancer patients and their supporters and is involved in research using tsa lung trul khor with cancer patients and their caregivers. Alejandro received his Ph.D. in Tibetan religions from Rice University and is a senior teacher of The 3 Doors.



Geshe Tenzin Yangton is the resident lama at Serenity Ridge Retreat Center. Born in 1974 in Chharka, a remote village in the Dolpo region of western Nepal bordering Tibet, he is part of the ancient Yangton lineage. In 1990 he became a monk at Triten Norbutse Monastery in Kathmandu, taking his vows from Yongdzin Tenzin Namdak Rinpoche. He attained his geshe degree (similar to a Ph.D. in religious studies) from the Bön Dialectic School at Menri Monastery in Dolanji, India, in 2006. He has served as an assistant to His Eminence Ponlop Trinley Nyima Rinpoche, head instructor of Menri Monastery, and has been coordinator of Yanggon Thongdrol Phuntsog Ling Monastery, Dolpo Tsaga Welfare Healthcare Clinic and many other projects.



Stella Richards Departs Serenity Ridge

Operations Manager for Past Three Years Retires



If you have visited Serenity Ridge in the past three years, then you have met Stella Richards, the center's operations manager. Stella has brought her many skills and gifts to the center in a way that has transformed both the center and all of those that have had the blessing to work with her. Stella is retiring from Serenity Ridge to enter a new slower and more spacious phase of life. She and her husband are building a new home, and in August they leave to spend several months traveling together in Italy.

Stella's emphasis on ensuring that every visitor is embraced by kindness and hospitality; her expansion of service retreats and the creation of personal retreat opportunities; the initiation of the residency program—these have brought a stronger sense of community to Serenity Ridge. They also have brought the center closer to being “a place of ceaseless activity,” Tenzin Rinpoche's wish for Serenity Ridge. Stella has also been a major source in the improvement the center's landscaping, cleaning up and replanting many flowerbeds with the help of Maria Quintana, Serenity Ridge's facilities, grounds and housekeeping manager, and volunteers.

Before her tenure as operation manager, she worked for years part-time in the Serenity Ridge kitchen, often bringing fresh produce from her biodynamic farm for inclusion in meals. Stella, who has a Ph.D., also maintained her ongoing part-time practice as a depth psychologist during her time at Serenity Ridge.

All of us at Serenity Ridge will miss Stella's presence, and we know that she will be missed by retreatants who have come to anticipate seeing her at arrival and throughout retreat. But, we also look forward to seeing her at the center in new volunteer roles. You may see Stella continuing to work on maintaining and improving our grounds, helping coordinate occasional retreats, and more.

We wish Stella every happiness, and thank her for having done so much to support Serenity Ridge and all of those who come to visit. She will be very much missed!



The 3 Doors Online Compassion Project Starts in September

Deadline for Early Registration Is August 15

Registration is open for the live online 3 Doors Compassion Project led by Senior 3 Doors Teachers Marcy Vaughn and Gabriel Rocco. This is a nine-month exploration into select practices that support compassionate care and self-compassion for healthcare professionals, educators, therapists and anyone who is motivated by compassion. The course begins on September 27, 2017.

The 3 Doors Compassion Project teaches caregivers practical meditation methods to maintain their motivation and recharge their energy, so they can respond to whatever arises in the moment from a natural place of presence. With more than 50 percent of healthcare professionals reporting symptoms of burnout, the need for self-care practices has never been greater.

The Compassion Project was co-founded by teachers Marcy Vaughn and Gabriel Rocco. Twenty-nine people recently completed the first in-person nine-month program, held in Bryn Mawr, Pennsylvania.

[View program agenda/register](#)

[Read a recent news article about the Compassion Project](#)



The SA LE Ö Mantra, Mantra of Great Perfection View Rinpoche's Video Made During Summer Retreat

Enjoy this beautiful video and recording of Tenzin Wangyal Rinpoche's new melody of the Mantra of Great Perfection. It was filmed by Tenzin Wangyal, Salvadore Espinosa and Katrina Scobie-Seadlo; the sound was recorded by Daniel Conover; with the group chant by Ligmincha sangha during the Summer Retreat, July 2017.

[View seven-minute video](#)

[View teachings on the Great Mantra](#), given by Tenzin Wangyal Rinpoche from 2017 Summer Retreat. Includes a brief meditation followed by explanation and recitation of the mantra.

[View explanation of Mantra of Great Perfection, the SA LE O Mantra](#)



Serenity Ridge Photo Montage

Enjoy Images of Ligmincha's Headquarters and Founder

Enjoy this [montage of photos](#) of Serenity Ridge Retreat Center and the beautiful views atop the mountain with, of course, some pictures of Rinpoche, too.



Tenzin Wangyal Rinpoche's 2017 Teaching Schedule

Upcoming Retreats in Europe, Asia and the U.S.

Rinpoche will be teaching a number of retreats in Europe, Asia and the United States over the next few months. Here is a list of the upcoming retreats in August and September:

- **August 7–13:** Buchenau, Germany, European Summer Retreat: Twenty-One Nails, Part 3 (of 3)
- **August 15–19:** Wilga, Poland: Dream Yoga
- **August 20:** Warsaw, Poland: Dream Yoga
- **September 1–3:** Rome, Italy: Connecting to the Living Universe: Teachings on the Five Elements
- **September 8–10:** Budapest, Hungary: Tibetan Sound Healing and Long Life Practice of Tsewang Rigdzin
- **September 15–17:** Crestone, Colorado, U.S.: The Seven Mirrors of Dzogchen, Part 2
- **September 23–24:** Seoul, Korea: Sleep Yoga and Dzogchen

You can always find Rinpoche's teaching schedule by date and by location on the Ligmincha International website.

[View schedule by date](#)

[View schedule by location](#)



Look for Ligmincha Europe Summer Issue Soon

Sangha News in Europe and Worldwide

The Summer issue of *Ligmincha Europe Magazine* will go online by mid-August.

In this 25th issue, Pilar Revuelta Rivas and Carlos E. Villarreal, talk about the meditation program they initiated that is offered to the students, staff and teachers at a primary school, the HECAT in Mexico.

John Jackson, Santiago Villaveces and Wolfgang Krebs share their memories how Ligmincha started 25 years ago. An article that was published in Voice of Clear Light about the Five Warrior Syllables is reprinted. In the section 'preparing to die' you can read a compilation of teachings by Padmasambhava on the bardo. There is news from the European sangha, and the Colombian sangha is introduced.

Find the magazines [here](#) or [here](#)



Spanish Translation of VOCL

Link to June Issue Now Available

[Read June VOCL in Spanish](#)

We hope to have the translation of VOCL in Portuguese at a later date.

Look for the [translations of Voice of Clear Light newsletters](#) at the top of the [Voice of Clear Light website](#).



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.

September 16–17, 2017

Invocation of Tapihritsa
with Lama Tashi Gyaltsen

[Learn more/register](#)

October 18–21, 2017

Fall Retreat: The Knowledge and Wisdom of Longevity: Teachings and Empowerment from the Tsewang Jarima

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

October 22, 2017

Special Celebration: Ligmincha's 25th Anniversary

Join us for a day of celebration, including music, food, viewing of the new building and more.

[Learn more](#)

October 23–24, 2017

Science and Spirituality Conference

with Geshe Tenzin Wangyal Rinpoche and expert presenters

[Learn more/register](#)

November 2–5, 2017

Trul Khor – Tibetan Bon Yoga: Part 1

with Alejandro Chaoul-Reich

[Learn more](#)

November 3–5, 2017

Trul Khor – Postgraduate: Part 5

with Alejandro Chaoul-Reich and Honored Guest Geshe Tenzin Yangton

Prerequisite: Previous completion of Parts 1, 2, 3 and 4

[Learn more](#)

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 Parts 1, 2 and 3 of the Experiential Transmission of Zhang Zhung series.

[Learn more](#)

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 434-263-6304 or visit the [Serenity Ridge](#) [we](#)

[bsite](#)

.