



Letter from the Editors

Honoring His Holiness the 33rd Menri Trizin



Dear Friends,

It is with heavy hearts that we write this letter to you following the death of His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin. Spiritual leader of the Bön tradition, an extraordinary dzogchen master and a truly genuine lama of the highest order, he radiated a majesty and splendor everywhere he went. We send our deepest condolences to Geshe Tenzin Wangyal Rinpoche and H.E. Yongdzin Rinpoche, and to each of the many, many Bön lamas, geshe, monks and students of Bön from all around the world. Our hearts are overflowing with gratitude, too, for all that His Holiness has selflessly and without hesitation shown and taught through his innumerable enlightened activities of body, speech and mind. There is no way imaginable to repay his great kindness. We pray fervently for his emanation to appear, and we pray that his light will shine forever, out to the very reaches of the cosmos.

Tenzin Wangyal Rinpoche and Tsering Wangmo traveled to Menri Monastery in Dolanji, India to

see His Holiness before he died. You can read his beautiful letter written to his students following the passing of His Holiness. You can also find an article with details regarding His Holiness' death, the cremation plans, as well as advice on how we can honor His Holiness, including the prayers that are recommended for this time, as well as links to letters from Tenzin Wangyal Rinpoche and Ligmincha International, and a short video clip of His Holiness in meditation during his last visit to Serenity Ridge in 2013. Enjoy some photos, as well.

We also have some treasures from Tenzin Wangyal Rinpoche's teachings from last summer's retreat at Serenity Ridge. It is amazing how powerful so few words can be.

Have you tuned into the latest TWR LIVE Facebook series that Tenzin Wangyal Rinpoche is giving on Pith Instructions – Personal Reflections on the Heart Essence of Dzogchen? Through November 22, 2017, Rinpoche is giving this free series of weekly broadcasts live [from his Facebook page](#). Find out all the details below and on [Ligmincha Learning's website](#), and look for any updates or changes on Rinpoche's Facebook page.

The next Ligmincha Learning online workshop on "The Five Elements" begins October 13. A brand-new GlideWing online workshop on "The Truth That Sets You Free: Practices of Waking and Sleeping" begins September 30, and another GlideWing online workshop on "Tibetan Dream Yoga" begins November 18. See below for details.

We are looking forward to Ligmincha's 25th Anniversary commemoration on Sunday, October 22, which will follow the annual Fall Retreat at Serenity Ridge. Don't forget that you can participate in Cyber-Sangha Week as part of the 25th Anniversary commemoration. There will be two trul khor (Tibetan yoga) retreats at Serenity Ridge in November, one is for beginners and one for advanced students. As always, you can find Rinpoche's upcoming teaching schedule on the [Ligmincha International website](#).

Finally, below you can find the link to the latest *Ligmincha Europe Magazine*, as well as the link for the Spanish translation of the August issue of the Voice of Clear Light.

In service in Bön,

Aline and Jeff