

Volume 18, Number 1 / February 2018



Letter from the Editors

Auspicious New Beginnings in 2018



His Holiness Geshe Dawa Dhargyal Rinpoche, the new 34th Menri Trizin Dear Friends,

We have lots of wonderful news to start the New Year!

On January 1, 2018, the new 34th Menri Trizin was announced: His Holiness Geshe Dawa Dhargyal Rinpoche. You can learn more below about the selection process, as well as some of the details of his life growing up in Tibet and coming to India.

Bönpos everywhere are invited to the celebrations at Menri Monastery in India during the enthronement, which will take place February 16–21. Let's all be there in spirit!

Tenzin Wangyal Rinpoche will be hosting a special TWR LIVE Losar webcast on February 17 with Ligmincha International resident lamas participating as well. Other TWR LIVE webcasts are coming up, too.

The Voice of Clear Light newsletter begins the new year with a wonderful teaching excerpt from Tenzin Wangyal Rinpoche on "Longevity, Well-Being and Finding Freedom" from the 2018 Fall Retreat at Serenity Ridge. We joyfully announce that we will now start including a teaching excerpt in every issue of the Voice of Clear Light!

Enjoy a letter from Rob Patzig, president of Ligmincha International, about new projects happening this year, including a NEW online ngöndro course offered through Ligmincha Learning. Find out all the details in this issue.

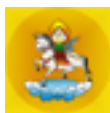
Also included in this issue:

- Special retreat in February with Marcy Vaughn on "Sherap Chamma: Mother of Wisdom and Love."
- Details about spring retreats on "The Five Wisdoms" at Serenity Ridge and in Vienna, Austria.
- GlideWing's next online workshop on the topic of waking and sleeping, beginning February 16.
- More pith instructions teachings coming on TWR LIVE.
- Meditation as Medicine, a just-released report on a study showing great benefits of meditation.
- Link to a TWR LIVE conversation with teachers from six diverse Tibetan spiritual lineages.

- Lishu Institute's new course of study beginning in September 2018.
- An update from The 3 Doors Outlook for the new year.
- Common Ground among Six Spiritual Traditions of Tibet – a TWR LIVE conversation.
- The latest issue of *Ligmincha Europe Magazine*.
- The Spanish translation of the December VOCL.

And as always, you can find Rinpoche's upcoming teaching schedule [here](#) on Ligmincha's website.

Sending wishes of blessing, good health and good fortune,
Aline and Jeff



Bönpos Welcome His Holiness Geshe Dawa Dhargyal Rinpoche as 34th Menri Trizin

E MA HO!



His Holiness Geshe Dawa Dhargyal Rinpoche, the new 34th Menri Trizin The Bön community worldwide welcomes His Holiness Geshe Dawa Dhargyal Rinpoche as the 34th Menri Trizin (abbot of Menri Monastery and holder of the Bön lineage). His January 1 selection from among 64 candidates followed a process that included prayers and rituals to Bön deities and protectors.

Geshe Dhargyal received his second geshe degree at Menri, where he spent many years serving the 33rd Menri Trizin, His Holiness Lungtok Tenpai Nyima Rinpoche, and played many important roles in the monastery, most recently as general secretary (administrator) of the Yungdrung Bön Monastic Center Society at Menri. Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha International, says he believes that the protectors chose very wisely.



Geshe Dawa Dhargyal and His Holiness the 33rd Menri Trizin Lungtok Tenpai Nyima Rinpoche

The 34th Menri Trizin Rinpoche was born November 29, 1972, in Amdo, Tibet. His father's name is Palyon Bum and his mother's name is Luyang Chukmo. At age 17 he became a monk at Gamal Monastery in Amdo, Tibet, and at age 18 he joined the Bön Dialectic School of Gamal Monastery. When he was 22 years old, he met the 33rd Menri Trizin, His Holiness Lungtok Tenpai Nyima Rinpoche. He received the monk's vows of Drangsong from His Holiness and was given the name of Dawa Dhargyal Wangpo. He received his geshe degree from Gamal Monastery at age 24.

After traveling to Menri Monastery in India when he was 25 years old, Geshe Dawa Dhargyal joined the Bön Dialectic School in Dolanji and received a geshe degree from Menri Monastery in 2012.

The Selection Process

Since the passing of His Holiness the 33rd Menri Trizin, His Holiness Lungtok Tenpai Nyima Rinpoche, who departed his body on September 14, 2017, the highest spiritual leaders of Yungdrung Bön engaged in deep discussion, prayers and rituals concerning the selection of the new Menri Trizin.



□ Longevity, Well-Being and Finding Freedom

An Edited Excerpt from Oral Teachings Given by Geshe Tenzin Wangyal Rinpoche, Fall 2017

It's definitely true that as humanity – as a society and as individuals – we do want to live as long as possible, and as well as possible. We want to learn as much as possible, serve as much as possible and live with each other in harmony as much as possible. That's for sure, there's no question about it. But it seems like it's limiting yourself if you are always thinking about trying to keep your body alive forever. First of all, it's not going to happen. Second, you might be wasting your time and also draining your energy faster than necessary. Sometimes, the more you struggle with life and aging and its many challenges, the more you are going to drain your energy rather than preserving it.



According to the principles of the teachings, when we turn toward that boundless space, infinite awareness, the warmth – that inner refuge – there is no death. In that sacred space, there is no death. In that unceasing, unfolding energy there is no death. This sense of the deathless, ceaseless, changeless – the essence of ourselves – this is the ultimate realization, the ultimate recognition, what we need to achieve. So in some sense, longevity is important here, but not for trying to keep this body forever. I'm trying to convey what the relative and what the ultimate sense of longevity mean. Both are equally important.

At the same time, whatever your life situation is, it is important to be able to maintain some sense of well-being. We may find that we wake up in the morning feeling weak, lost, misplaced. We may feel like, “I don't know what to do, who I am, where I am, how I can feel stronger, better today, to do what I'm doing for the rest of the day.” Sometimes we do feel that we lose those energies. But we don't have to lose those energies if we have a better way of working with them. That is the place where these kinds of teachings are of benefit: working with relativity, working with circumstances, working with the natural elements, working with our own psychological states, working with inner knowledge and inner wisdom, working with the supports of the guardians, deities and wisdom beings.

So there are a lot of possibilities for what to work with. And, of course, no one has to work with what they don't believe in, or don't understand or don't want to understand. I always say this wherever I am teaching. No one has to do anything. One thing I have learned and that I try to practice in life is that you don't have to do anything if you don't want to do it. In the Bön teachings, Tonpa Shenrap always taught based on people's ability, what they are capable of understanding.

What matters is what you personally understand, and that you connect with what you understand, and that you apply what you understand directly to your life. Along with your understanding, there's always a sense of your staying open and trusting that there are more places for your growth. Because you are staying open with that trust, then those things that you are not capable of understanding at the moment, you won't undermine them, saying that they are bad, thinking that only what you are able to follow at the moment is the correct path and that all other paths are not good. It's not like that.

Now, I don't know if any of you feel that you are in the final stage of your development . . . [laughter]. If so, then I'm not sure why you would even be here. But because you are here, you believe there is still more space to step into and explore, and at the same time you believe that you know enough and are practicing as best you can. Holding that sense of space and trust I think is very important, even though what you are stepping into may not be very clear, and you may not know it very well at the moment.



Tenzin Wangyal Rinpoche with his son, Senghe, and teacher, H.E. Yongdzin Tenzin Namdak Rinpoche So, there are a number of ways to understand and approach the teachings of longevity. And I think all of them are equally important to understand. The first view that I mentioned is the idea of deathless essence. This is important to understand because at some point you are not going to avoid death. You can avoid the struggle with death; you can avoid the fear of death; you can achieve peace with death; but you can not avoid death itself. If you are doing the practice of longevity to try to prolong life and delay death, that's fine, but not with the deep desire to avoid death entirely. That is just mistaken.

I've seen so many people in my life, again and again, unwilling or unable to accept death. They don't have any peace with death – it just happens to them. Some people even come to the stage where cognitively they are not able to feel or see anymore; they are not able to feel their fear anymore. In that place they simply become numb, and then death just happens to them. But it's not like they have peace with it, where they are in a position to die in peace. This seems difficult for them. So the sense of longevity practice in cases like this would be to find some rest in the space that simply accepts that death is approaching.

However, longevity is not only about death. For example, there are circumstances in your life, things that you wish were different. Just look at your life and you will see many of them. Whatever it is for you, you wish it were different. But it has not been different for all these years, and very likely, it will not be different for the rest of your life. The only thing that can be different is the way you look at it – to be completely okay with whatever it is, to be completely not bothered by it. You are not only not bothered by it, but you are completely okay with it. You are not only okay with it, but you have a feeling of peace with it. You are not only feeling peace with it, but you are kind of every now and then enjoying it secretly. You are not only enjoying it, but at some point you can't imagine how your life will grow without that situation or that famous person being a big part of your development. Not only that, but you might begin to see that situation and that person as the greatest, truest opportunity for self-development in this lifetime. That situation and person is transformed. From struggle to peace, from blockages to opportunity – that's the work. So death is like that. Circumstances are like that.

There are things you feel that you are trying to do in your life, that you just want to change. We want to stop aging. There are people out there who actually believe that death can be avoided. Some people believe that in the next 15 to 20 years, it will be possible that people can live for a few hundred years. New technology, medicine. It's fine if that happens. But what is the purpose behind it? It's being so deeply identified with and attached to this one pain identity. But that's not a freedom, it's a trap.

There are some things in life that are a natural process that you cannot change. Maybe it's something that doesn't need changing, but your ego thinks you need to change it. The situation is not a problem; rather, it's that the ego has a problem with the situation. Whatever the situation is, or wherever it is, it is fine just as it is, even though the ego may hate it. The situation will continuously evolve, that happens naturally. But the key is that one's ego has to evolve with the situation. That's called practice. We need to know what those situations are and not waste our time trying to change them; rather, we need to try to accept them. It's better to have peace with them rather than fight with them, trying to change them.

In these teachings then, there is the ultimate sense of what it means to achieve longevity, and there is the relative sense of working to overcome obstacles by working with the elements and nature and circumstances. So the ultimate and relative sense of the true aspects of longevity practice are both there. The main core of my message, though, is not to always think about fully avoiding the obstacle or unpleasant condition, or one's death, but rather, to have a better relationship with it. That is my main message. I have reflected about this a lot, because it seems like people have very strong feelings of only wanting to change it. Success for them is looked at as only one thing: to change it to the way I want it. True success is about the way one looks at that issue without changing it, and having a total freedom from it. That's the best success. Enlightenment is actually like that. You are the one who changes. You become free.



New Projects on the Horizon

Letter from Ligmincha International President Rob Patzig



Dear Sangha and Friends,

The year 2018 has begun with an extraordinary event! Last fall we entered a period of mourning and reflection as on September 14 His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin Rinpoche, passed away. And while no one can replace His Holiness Lungtok Tenpai Nyima Rinpoche, we rejoice in the appointment of his successor, the 34th Menri Trizin, His Holiness Geshe Dawa Dhargyal Rinpoche.

Under the auspices of the 34th Menri Trizin, and with the wisdom and guidance of our own



Geshe Tenzin Wangyal Rinpoche with Rob Patzig precious teacher and spiritual director, Geshe Tenzin Wangyal Rinpoche, we must all continue to work together to keep the Bön teachings alive for as long as there are sentient beings in need of them. To that end, you will see many new programs arriving this year from Ligmincha. Among the highlights are:

Rinpoche will release a new book by the fall: *Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities*. When we are not driven by our pain or fear, we can open fully to whatever each moment of life has to offer us and to the treasure what we have to offer life. The gifts and potentials that arise spontaneously from within us are far more authentic and alive than anything our strategic mind might plan. Not bound by our limitations and agendas, we are more flexible, more aware and more productive – more successful in every way. This book helps us access this inner source and allow its authentic expression in our creative work and everyday lives.

We also will be releasing new courses this year on [Ligmincha Learning](#). The first will become available starting March 2: a nine-month study and practice of the ngöndro, or preliminary practices, of the Experiential Transmission of Zhang Zhung. In “Ngöndro: The Foundational Practices,” videos of Rinpoche’s 2014 ngöndro retreat at Serenity Ridge are supplemented by support videos with Serenity Ridge resident lama Geshe Tenzin Yangton, print materials, a discussion forum, and monthly live practice and discussion sessions with John Jackson. To our knowledge, this is the first time this teaching has ever been offered online. This is a very special opportunity to connect with and prepare oneself for dzogchen teachings. Other new courses will follow later in the year.

Under the direction of Tenzin Wangyal Rinpoche, Geshe Tenzin Yangton and several of Rinpoche’s more senior students are putting together criteria and support materials for starting small practice groups. All around the world we hear of people interested in creating local sanghas, or practice groups. We will soon launch a program for “hosts,” people who open their homes or offices to groups for practice, to learn how to succeed in such activities. We will offer videos and other materials on things such as preparing a shrine; how to select topics, books

and videos to watch together; how to practice together, and more. Our goal is to make it easy to start a group to study the Bön teachings and learn and practice with Rinpoche and other Ligmincha teachers.

Finally, we have a committed group of technically savvy students who are taking responsibility for planning and improving our online activities. From our websites to social media to Ligmincha's YouTube channel, all of these will become easier to use and work with.

As always, these projects are impossible without donations of time and money from practitioners like you. At this time we have a special need for support of our online programs. In particular, we need volunteers to help catalog and assign key words to the recordings at our [Ocean of Wisdom website](#)

. We are also seeking a person who can help us upload to our [YouTube channel](#)

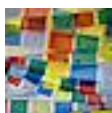
, another who can help manage the channel, and someone with experience in social media marketing who can help us further the reach of Rinpoche's TWR LIVE broadcasts. The above positions require at least five years of experience with Tenzin Wangyal Rinpoche's teachings and a consistent daily practice. Other needs include a detail-oriented person who can transcribe Rinpoche's Facebook live recordings.

For more information about these volunteer needs, please [email the social media committee](#).

If you would like to volunteer for other kinds of projects, please [email me](#) .

To make a financial contribution, [visit our donations page](#) .

In Bön,
Rob Patzig, President
Ligmincha International

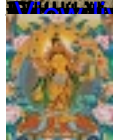


☐☐ **Losar 2018**

Welcome the Tibetan New Year February 17 on Ligmincha's Facebook Page



[Join us on Ligmicha International Facebook page](#)



Sharon Zham-Pa, Maitreya, and Marcy Vaughn



[Learn more/register](#)



□ Upcoming Spring Retreats Focus on 'The Five Wisdoms'

Retreats at Serenity Ridge in Virginia and Vienna, Austria



Join Geshe Tenzin Wangyal Rinpoche in exploring “The Five Wisdoms” this spring. Rinpoche will teach on the topic at the Serenity Ridge Spring Retreat April 13–15 and in Vienna, Austria May 11–13.

Wisdom has a specific meaning in dzogchen: the recognition of the natural state, one’s true nature. It does not refer to something we come by gradually or with age or experience; rather, it describes the recognition of the complete perfection in this moment, in any given moment.

When we realize the unbounded openness and pure awareness of our natural mind, this recognition displays itself as five distinct wisdom qualities.

- **Wisdom of emptiness:** Seeing all phenomena including oneself as lacking inherent existence, we are open without boundary.
- **Mirrorlike wisdom:** Recognizing all appearance as the display of the clear, unobscured nature of mind, we are rich with unlimited potential.
- **Wisdom of equanimity:** Free of the bias of accepting or rejecting, we embrace all experience with openness, awareness and warmth.
- **Discriminating wisdom:** Realizing the uniqueness of each appearance, we ripen the spontaneously arising virtuous qualities.
- **All-accomplishing wisdom:** Complete in this moment, we express positive qualities creatively, spontaneously and effortlessly for the benefit of all.

Don't miss the opportunity to participate in this special retreat in the United States or Europe.

Registration for the Serenity Ridge retreat opens February 16. Check the Serenity Ridge website article for registration information at that time.

[Learn more](#)



☐☐ **‘Ngöndro: The Foundational Practices’**

New Ligmincha Learning Online Course Starting in March!

Ligmincha Learning is pleased to offer a NEW online course, “Ngöndro: The Foundational Practices.” This completely new course will begin March 2 and will continue for nine months until December 2, much longer than other online courses, due to the number of meditation practices and the commitment of the practitioners to accumulate 100,000 repetitions of many of the practices. Registration is now open for this course!



[Learn more/register](#)



February GlideWing Workshop

'The Truth That Sets You Free: Discovering Your Inner Wisdom Through Practices of Waking and Sleeping '



□ TWR LIVE Pith Instructions Continue in 2018

Free Facebook Broadcasts with Tenzin Wangyal Rinpoche



Tenzin Wangyal Rinpoche plans to continue offering teachings in his Pith Instructions series on TWR LIVE this year. View the three January teachings in this live Facebook series in the Ligmincha Learning website's [archive of recordings](#) , and look for more to come.

The first teaching of three related broadcasts, "Discovering the Dance of Stillness," was held January 18. "Finding the Melody in Silence" was held January 27, and "Embracing the Warmth of Spaciousness" on January 29.

In the Pith Instruction series, which began in 2017, Rinpoche draws from his own years of personal practice and reflection on the heart-essence of the teachings of dzogchen, or "great perfection," to offer these teachings and guided meditations. The practice of dzogchen can transport the practitioner directly into the nature of mind, our real essence.

Check the links below to learn about upcoming broadcasts and view past teachings.

[More about TWR LIVE](#)

[Video introduction to the Pith Instructions series](#)

[Archive of past TWR LIVE recordings](#)



▣ 'Meditation as Medicine' Research Study Results

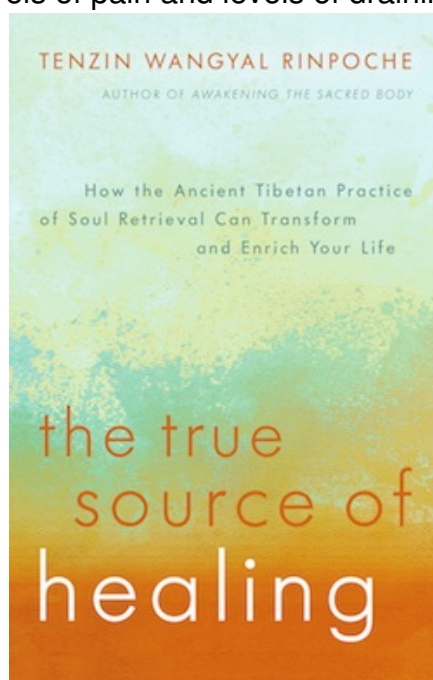
Pain Reduced by One-Third Among Online Workshop Participants



In summer 2016, Tenzin Wangyal Rinpoche and GlideWing Online Workshops offered a three-week online workshop featuring Bön Buddhist teachings and meditation practices for

reducing physical and emotional pain. A formal research study was conducted to determine the effects of the workshop.

The findings showed that participants' physical and emotional pain were reduced by more than one-third after three weeks, and that the effects persisted after the workshop. There was a very strong correlation between worst daily levels of pain and levels of draining or wasted energy for participants on the days of the workshop.



The workshop, "Healing from the Source: Meditation as Medicine for Body and Mind," was based on meditation practices detailed in *The True Source of Healing* by Geshe Tenzin Wangyal Rinpoche, Hay House, 2015. Study volunteers were invited to bring to the workshop any form of pain they wished to heal – anything from mild physical, mental or emotional discomfort to severe or deeply rooted pain – and were encouraged to engage as fully as possible in viewing the instructional videos, practicing the meditations and completing the study-related surveys.

Throughout, participants learned how to host their pain in open awareness. They were encouraged to cultivate kindness toward self and kindness toward pain, and with any dissolution of pain they were guided to notice any positive, healing qualities arising from the space that opened up.

[Read the Pain Study Report](#)

The next GlideWing session of "Healing from the Source" is scheduled for June 30–July 22, 2018.

[Learn more](#)



□ A Meeting of Hearts and Minds

'Common Ground Among Six Spiritual Traditions of Tibet'

Common Ground Among Six Spiritual Traditions of Tibet
ཆོས་ལུགས་ཆོས་བརྒྱུད་འཆམ་མཐུན།
A Conversation with esteemed teachers

Chakung Jigme Wangdrak Rinpoche * Khen Rinpoche Jampa * Yangten Rinpoche
Yongey Mingyur Rinpoche * Sogan Rinpoche* Jonang Gyaltzab Rinpoche* Tenzin Wangyal Rinpoche

FREE FACEBOOK LIVE BROADCAST
Wednesday, January 3, 12:00 noon NY Time
10:30 p.m. New Delhi Time / 10:45 p.m. Kathmandu Time
Live at: www.facebook.com/tenzinwangyalrinpoche
Learn more at: www.ligminchalearning.com/conversations-live

On January 3, 2018, acclaimed Tibetan Buddhist teachers from six diverse Tibetan spiritual traditions participated in a TWR LIVE discussion of the common ground between their respective traditions — Sakya, Gelug, Kagyu, Nyingma, Jonang and Yungdrung Bön. The live

broadcast was recorded and can be viewed via the links below.

The event was unique not just for its esteemed presenters and subject matter, but also for its considerable online exposure, with nearly 42,000 views of the recorded broadcast logged within the first six days of the livestream, many of them by Tibetan viewers. In advance of the broadcast, Voice of America interviewed Tenzin Wangyal Rinpoche on its [Cyber Tibet television program](#).

Transcending sectarian interests, the esteemed panelists drew from their deep knowledge and rich lifetime experience to examine shared values and commitments toward the well-being of society and the world. Their conversation was conducted in Tibetan and simultaneously translated into as many as 18 languages, including English.



Presenters included:

[Chakung Jigme Wangdrak Rinpoche](#)
[Khen Rinpoche Jampa](#)
[Yangten Rinpoche](#)
[Yongey Mingyur Rinpoche](#)
[Sogan Rinpoche](#)
[Jonang Gyaltsab Rinpoche](#)

[Tenzin Wangyal Rinpoche](#)

This event is part of an ongoing series of TWR LIVE Conversations hosted by Tenzin Wangyal Rinpoche. Future conversations may include interfaith discussions among female Buddhist teachers with a focus on women's important role in spirituality—one to be conducted in Tibetan, another in English, with simultaneous translation into multiple languages.

[View original "Common Ground" recording in Tibetan](#)

[View "Common Ground" recording overdubbed with simultaneous English translation](#)

[Links to translations in other languages](#)

[More about TWR LIVE](#)



Lishu Institute's New Curriculum

Interviews with Tenzin Wangyal Rinpoche and Sangmo Yangri



Lishu Institute, Uttarakhand, India

Lishu Institute, Ligmincha's residential retreat center for intensive practice and study of Bön in Northern India, will complete its first three years of teaching and study in June and will begin a new cycle in September 2018.

The curriculum has been revised, and participants are now able to apply for any of the three 10-week cycles offered during a year, as well as for the entire yearly cycle of study.

The schedule for 2018–2019 is as follows:

- **September 4–November 10, 2017:** *Demonstration of the Meaning of the Tantra of the Twelve Small Precepts* (practice on the natural state of the mind)
- **January 15–March 23, 2018:** *The Practice Manual Called the Six Essential Points of the Bodhichitta* (Six Lamps – practice of vision)
- **April 9–June 15, 2018:** *The 21 Nails*

The following edited interview with Geshe Tenzin Wangyal Rinpoche, founder and spiritual director of Lishu Institute, and Sangmo Yangri, who designed the curriculum for the new program, conducted by student Tiany Tefy, originally appeared in the Autumn 2017 issue of Ligmincha Europe Magazine.

Rinpoche, Lishu Institute will introduce a new curriculum in September 2018, after the completion of the first three-year program. Does this mean the vision of the institute's mission has changed?

There will be changes in the curriculum starting next year, but the main purpose of Lishu Institute hasn't changed. The emphasis has always been and will continue to be providing long-term, residential and in-depth studies in the Bön tradition, preserving Yungdrung Bön's rich teachings and unique heritage.

Although students only began studying at Lishu Institute in 2015, the vision, preparation and work began many years before. We initially planned a five-year program of study, but discovered that this would not be feasible for most people. So we turned that into a three-year program, with the flexibility to come for only 10 weeks at a time to study specific topics.

After reviewing the results of the first three-year term, we are introducing some changes. We are adapting to people's needs. A big change is that, because of the redesign of the courses, students can begin at any time, and commit to as much of the curriculum as they want. Or, students can come to study specific aspects of the Bön teachings according to their interests and background.

There is so much benefit that comes from stepping out of one's daily routines to study and practice dharma. We want to support as many people as we can, and we want to recognize that the modern world makes such a commitment quite difficult. These changes are meant to help with that.

We are not diluting the teachings, or simplifying them. Sangmo-la has diligently put this program together. And Geshe Sherab Lodoe and Sangmo-la are very skilled, very experienced teachers. They, and visiting teachers, will continue to present the highest quality courses. What we are doing is adding emphasis to the areas that are most relevant to the greatest number of students. So it is a continuous change with the flow of conditions.

What are the main changes from the first program?

The main change is that the *Nine Ways of Bön*, which is more study-orientated, will not be carried over. The *Ma Gyud* and *Dzogchen* teachings, which are practice-oriented, will remain. Moreover, there will be a new teaching on the Bön *Lam Rim*, a foundational text, together with a *Ngöndro* retreat.

Lishu Institute also will offer more short-term (two-week) retreats. For example, we currently

have such a retreat on the practice of *Yeshe Walmo* on the calendar. This will give the opportunity to more people to experience the environment of Lishu Institute and get a taste for in-depth study, without having to start with such a big commitment.



Teachers, students and others gather on the top balcony of Lishu with surrounding mountains in the background.

What future developments are foreseen for Lishu Institute?

There will continue to be changes and refinements to the curriculum and its presentation as we

learn from our experiences. I think that you will see some blending of the residential program with online supplementation. We have many dedicated students who cannot make the financial commitment to travel to India for an extended period. And so, while I strongly encourage students who can to go to Lishu Institute, it isn't realistic to think that this is possible for everyone.

Online programs also are a good way to extend what is taught at Lishu Institute. We might offer onsite programs with online components that go on before, during or even afterwards. Then, students who desire can really go deep into the teachings. This would be a good way to study the Tibetan language, for just one example.

There may also be more special-topic courses, like the *Powa* retreat held last year. There are many wonderful Bön lamas and teachers who we would like to invite to Lishu Institute to share their knowledge. But first we must establish a solid foundation or base. We need to see more students coming to Lishu Institute.

Rinpoche, do you have any words or advice?





[Sangmo Yangri](#) and a woman standing outdoors in front of a modern building.



The 3 Doors On the Meditation and North American Academy



[Learn more and apply](#)



[Learn more and apply](#)



[Learn more and apply](#)



[Learn more and apply](#)



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.

February 16–18, 2018

Special Retreat: Sherap Chamma: Mother of Wisdom and Love

with Marcy Vaughn

[Learn more/register](#)

April 13–15, 2018

Spring Retreat: The Five Wisdoms

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

June 24–July 7, 2018

Summer Retreat: Tummo: Inner Fire of Realization

with Geshe Tenzin Wangyal Rinpoche

October 17–21, 2018

Fall Retreat: Powa: Transfer of Consciousness from the Bön Mother Tantra

with Geshe Tenzin Wangyal Rinpoche

December 27, 2017–January 1, 2018

Winter Retreat: The Experiential Transmission of Zhang Zhung, Part 5

with Geshe Tenzin Wangyal Rinpoche

Prerequisite: Previous completion of Parts 1, 2, 3 and 4 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 434-263-6304 or visit the [Serenity Ridge website](#)

.