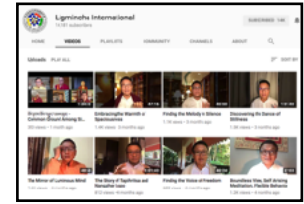




*Parliamo francese
On parle allemand
Wir sprechen englisch
We speak italian*

**WE PRACTICE IN 25
LANGUAGES**



**HUNDREDS OF HOURS
OF FREE TEACHINGS**

2016-2017 BIANNUAL REPORT



IN MEMORIAM

His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin and spiritual leader of the Tibetan Bön spiritual tradition, passed away on September 14, 2017 at Menri Monastery (*Pal Shenten Menri Labrang*) in Dolanji, India. He was 90 years old.

Letter from the President

Dear Friends of Ligmincha,

2017 marked Ligmincha's 25th Anniversary. On this important milestone we published a commemorative book, held an international gathering of the sangha, witnessed a week of creative offerings by the cyber-sangha, and held what is probably the largest ever Bön ritual held in the West – The Incineration of Obstacles. We could not find it in our hearts to truly celebrate the occasion as we mourned the passing of His Holiness, Lungtok Tenpai Nyima Rinpoche, the 33rd Abbott of Menri Monastery. His Holiness' endless and perfect service in the preservation of Yungdrung Bön and for all sentient beings will never be forgotten.



Rob Patzig, president of Ligmincha International. A student of Bön since 2007.

These past two years sped by, and Ligmincha is a very different organization today than it was when I last updated you in 2015. Way back then, we offered a few courses online at Ligmincha Learning, and Rinpoche also could be found teaching on the Glidewing platform. In 2015, most – but not all – who consider themselves members of Ligmincha were connected by retreats, books, and our network of practice centers around the world. Today the majority of us are connected to Tenzin Wangyal Rinpoche, the Bön tradition, and to one another online, although new practice groups and communities continue to form all around the world. Many students are even connected exclusively through the cyber-sangha!

To meet the interest in online teachings, practice and education, Ligmincha now offers online courses in several languages besides English, and we are providing free courses alongside our paid classes. Rinpoche is now teaching almost every week, and sometimes several times a week through "TWR LIVE" broadcasts via Facebook. So many practitioners have written to express their thanks for the enormous benefit that these teachings provide! And thanks to our amazing volunteers, Rinpoche's live teachings are available in as many as 21 different languages in real time translation.

The Internet as a vehicle for giving and receiving teachings and for coming together to practice surprised all of us at Ligmincha (except, perhaps, Rinpoche himself), and we continue to explore the possibilities that new technologies present for practicing dharma. You will see a continued expansion in our online activities in 2018.

Finally, 2017 saw the launch of Ligmincha's newest endeavor, Sacred Sky Press. In October we published *Indestructible: The Longevity Practice of Lama Tsewang Rikdzin*, translated by Raven Cypress Wood. Our goal is to publish three to five books per year.

In service to Bön,

A handwritten signature in blue ink that reads "Rob Patzig". The signature is fluid and cursive.

Rob Patzig



Geshe Tenzin Wangyal Rinpoche



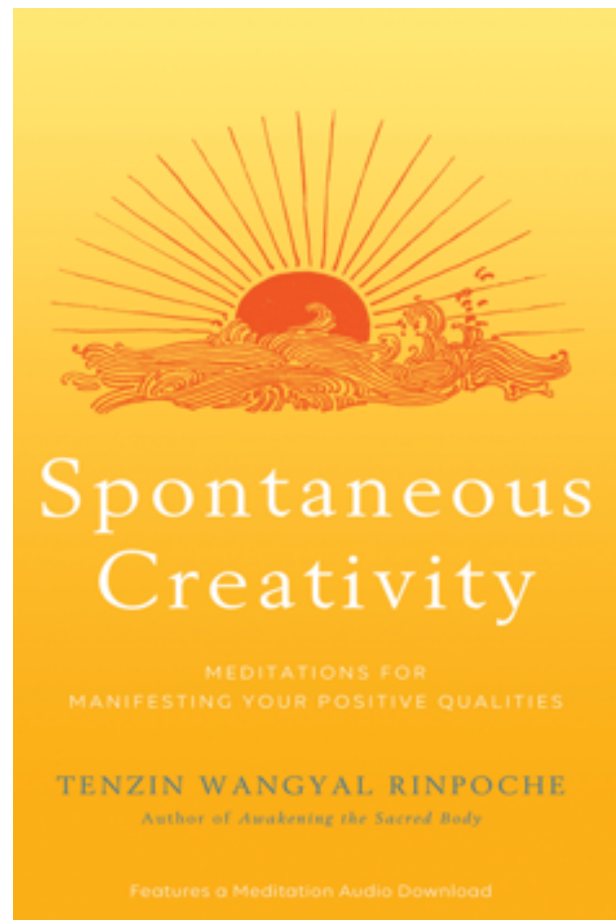
Founder and spiritual director of Ligmincha International, Tenzin Wangyal Rinpoche is a beloved teacher to thousands of students all over the world. He is renowned for his depth of wisdom, clear and engaging teaching style, and his ability to make the ancient Tibetan teachings of Bön accessible and relevant to the lives of Western students.

Rinpoche is the author of many books in Tibetan and English. His books have been translated into 19 languages, including Chinese, Dutch, German, Polish, Portuguese, Spanish, and others. He is also an innovator in the presentation of meditative practices using internet technologies, such as live streaming and social media.

Spontaneous Creativity

In *Spontaneous Creativity*, Rinpoche draws on the ancient wisdom of the Tibetan Bön Buddhist tradition to guide us in developing the ability to show up fully for our lives and express our creative gifts for the greatest good. Guided meditations and practices help us meet our own creative nature, recognize and release the “pain identity” that holds us back, awaken the essential creative powers of openness, awareness, inspiration, ripening, and manifesting; and serve others with joy.

The teachings of Bön Buddhism today are as fresh as ever. Tenzin Rinpoche writes, “My deepest wish is for you to receive great benefit from these teachings as you explore them, take them into your heart, and feel them come alive in your life.”



A Practitioner's View: Jana Kolarikova

Sangha member and Lishu Institute student



In spring 2016, knowing nothing about Bön or Ligmincha, I was delighted and surprised to hear about a Buddhist master giving free yearlong online teachings bringing together practices of both Buddhism and shamanism, both of which I was involved in at that time. These two traditions had seemed to have rather less than more in common for me, and I had struggled on my own in trying to combine both of them somehow meaningfully in my practice.

It was while taking the online course “The True Source of Healing” that I “met” Tenzin Wangyal

Rinpoche. I followed his recommendations and started reciting the Five Elements mantra — my first mantra ever. Not only did it work, but I was so touched by the kindness and warmth Rinpoche radiated in his broadcasts that I started reading his books. Reading *The Wonders of Natural Mind* hooked me. For a long time I had a sensed feeling that there is something not real about the world as we see it and experience: it was clearly formulated and explained.

From there my path has been unfolding surprisingly clearly – a residency at Serenity Ridge and retreats with Rinpoche there, including the Ngondro transmission. And now: studies at Lishu institute in Dehradun, India.

Dedicating my life more and more to understanding of the Bön teachings and their practices - the reality as I knew it doesn't exist anymore. My view has transformed and needless to say my life along with it. With mere glimpses of experience I can feel the shift of perception happening. And I know it is just the beginning.

Ligmincha's Mission

First: Present ancient Yungdrung Bön spiritual tradition in contemporary ways. We offer opportunities to understand and experience the sacred nature of being through retreats, online courses, live webcasts, videos, books, recordings and other practice materials. *Rinpoche, our Resident Lamas and other teachers and instructors present the teachings in an authentic fashion but in a way that remains fresh and in keeping with contemporary language and western culture as well as scientific advancement and understanding.*

Second: Ensure that the Bön tradition remains available in all of its richness and diversity for future generations. We preserve Bön in its culturally authentic forms: maintaining libraries of sacred texts, supporting lamas and geshe around the world, recording teachings and offering opportunities for students to deeply study specialized aspects of the tradition and culture. *The preservation of Bön's living traditions, rituals, methods and teachings ensures that we as well as future generations can benefit from our past.*

A Practitioner's View: Alejandro Chaoul,

Director of Research & Teacher

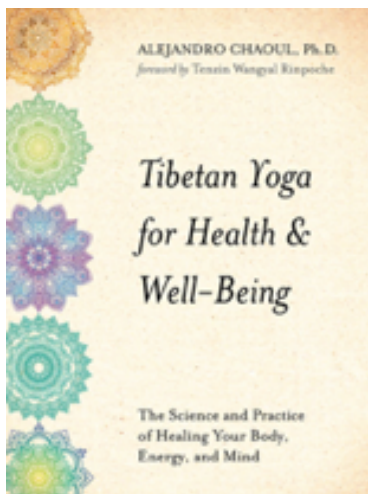
I met Rinpoche in 1993 in Albuquerque, New Mexico. The Bön winds of karma blew in my favor, since, although I was living in Argentina, I met Rinpoche again in Virginia that summer. For many years, every summer we met for Ligmincha's three week retreat. I helped organize the summer retreats and guided practice (umze). So many beautiful things happened in all those years!

On Rinpoche's advice, I pursued Religious Studies, first obtaining an M.A. at UVA and a Ph.D. at Rice (focusing on Tibetan traditions and particularly Bön practices). I moved to Houston to study at Rice, where Rinpoche was a Rockefeller fellow, and then stayed on when he returned to Virginia. Rinpoche was a wonderful mentor for both my spiritual and academic journey!

Having become very interested in *trul khor*, I traveled to Triten Norbutse and Menri monasteries, and Rinpoche asked me to start teaching the movements in 1995 in the U.S., then Mexico, Poland, and other places around the world. When Rinpoche created The 3 Doors program, I was fortunate to be the first class and



now am a 3 Doors teacher. In July I publish my second book about Bön practices (the first book was on Chöd and this book is on Trul Khor). Through Rinpoche I found both my spiritual home and my profession! I prostrate 111,111 times to Rinpoche and the Bön lineage, my spiritual family, my home.



Tibetan yoga can improve physical strength and support positive emotional and mental health, healing the body-energy-mind system with a full sense of awareness and harmony. In *Tibetan Yoga for Health & Well-Being*, Alejandro Chaoul, Ph.D., focuses on the five principal breath-energies of Tibetan medicine and yoga and how special body movements for each engage the five chakras in our body.

Encounter the benefits of *trul khor* for yourself at a Ligmincha retreat. See alechaoul.com for our retreat schedule.

Using Technology as a Doorway to Spiritual Practice

Ligmincha is at the cutting edge of the intersection of science, technology and spiritual practice. Consider:

- **Facebook Live.** Tenzin Wangyal Rinpoche adopted this platform for live teachings in September of 2016. More than 25,000 followers on Rinpoche’s Facebook page can participate in as many as 17 different languages. His live teachings are viewed by hundreds of people in real time and by several thousand viewers within the first 24 hours of release.
- We offer a range of **online instruction**, from self-guided tutorials to interactive, nine-month courses. We offer a mix of free and paid content, with the premise that the entire path of enlightenment should be available to all, free of charge, and that our paid content can support what we give away.
- Our fifth **Science & Spirituality Conference** was held in 2017. World-class presenters spoke at this two-day event on physical and emotional pain and the role of meditation, mindfulness in alleviating and healing them.
- We conducted and published a **clinical study**: “The Effectiveness of an Online Bön Buddhist Workshop for Healing Physical and Emotional Pain.” We found that in the 198 people who completed the study, approximately one-third found meaningful reductions in pain as measured by a standardized scoring system, and that relief endured three months post-study.
- **Ocean of Wisdom** is a collaborative exercise in captioning or subtitling the recordings of Tenzin Rinpoche and other Bön Teachers in a variety of languages.



Bringing Ancient Wisdom Teachings to Life



Vol. ■ No. ■ 2018

Journal of Pain and Symptom Management 1

Brief Report

A Pragmatic Evaluation of Symptom Distress After Group Meditation for Cancer Patients and Caregivers: A Preliminary Report

Gabriel Lopez, MD, Alejandro Chauli, PhD, Catherine Powers-James PhD, Amy Spelman, PhD, Qi Wei, MS, Rosalinda Engle, MA, Youssa Hashmi, BS, Eduardo Bruera, MD, and Lorenzo Cohen, PhD
 Department of Palliative, Rehabilitation and Integrative Medicine, The University of Texas MD Anderson Cancer Center, Houston, Texas, USA



OCEAN OF WISDOM
 a Ligmincha International Project

Financial Information and Stewardship

Ligmincha International depends largely on donations of time, skills, and money from practitioners around the world to provide services to the global Bön community and fund its operations. In addition to financial donations, Ligmincha also generates income from retreats held at Serenity Ridge (one of our five retreat centers around the world and out international headquarters), subscriptions to online courses, and sales from our retail shop. Each of our country-based Ligmincha chapters is financially independent, and they, too, depend on donations and income from retreats.

As a result of donations from committed practitioners, Ligmincha International is profitable on an operating basis in most years. This held true in both 2016 and 2017 when, excluding donations related to construction of our new building, we realized \$37,548 and \$136,132 in net income, respectively (see middle chart, this page). As a nonprofit organization, all profits are used to fund our mission of preserving the Bön spiritual tradition.

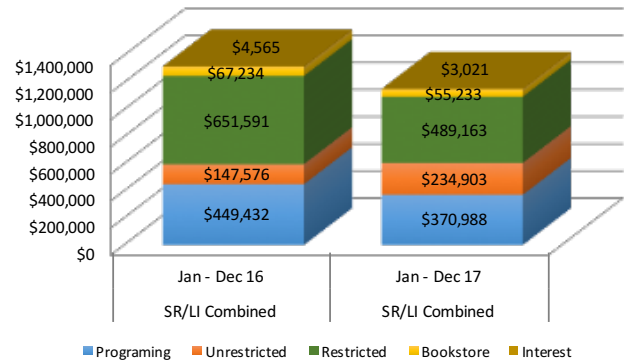
Beginning in late 2016, construction of a new dining hall and headquarters at Serenity Ridge Retreat Center required taking on debt and holding fewer retreats during the construction period. Expansion of our online programming, especially free programming and new course development, also resulted in a slight increase in operating costs.

Both 2016 and 2017 were strong years in terms of our fundraising activities. Ligmincha receives two kinds of contributions, restricted and unrestricted. Restricted donations are given for a specific use and cannot be used for any other purposes. Unrestricted donations may be

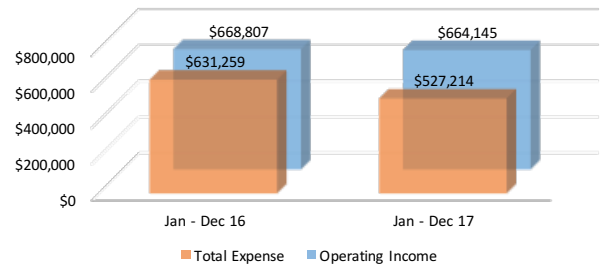
See "Finance," next page.

Key Financial Figures

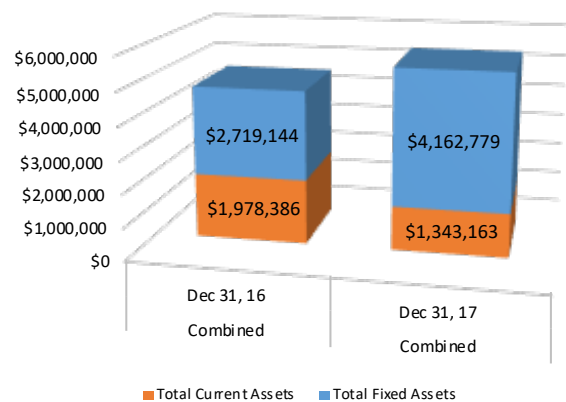
Income Sources, 2016 & 2017



Operating Income (Loss), 2016 & 2017



Total Assets, 2016 & 2017



Finance, from prior page.

used at management's discretion based on the organization's needs. In both years, most donations were restricted and were given in support of our new building initiative. Approximately \$650,000 in donations for the building project was received in 2016 and \$490,000 was received in 2017. Unrestricted income totaled \$147,000 in 2016 and \$235,000 in 2017.

In preparation for anticipated construction costs, Ligmincha's balance sheet has been growing over the past several years. Since late 2017, we have been drawing upon these financial reserves. The building expenses are visible on our balance sheet in the expansion of fixed assets and decrease in current assets (see bottom chart, page 7). Almost all of the change in our fixed assets is related to the new building. This trend will accelerate in 2018.



The sun rises on Kunzang Khang, the House of All Goodness, at Serenity Ridge. Ligmincha International's offices are on the top floor of this many-purposed building.

Looking Forward: 2018 and Beyond



The year 2018 will see Ligmincha continue to expand opportunities to learn and practice dharma from the Bön tradition all around the world. In January of this year we launched a nine month online course on the Ngöndro. This course is taught by Rinpoche with support from Geshe Yangton and also John Jackson. In April we opened Kunzang Khang, a new 12,000 square foot facility at Serenity Ridge. Currently a task force is working to build new websites and expand our ability to offer wisdom, teachings, and practice opportunities through social media and webcasting technologies. We are also developing online courses and trainings, including two Tibetan language courses, an introduction to the Nine Ways of Bön, Tsa Lung and True Khor instruction and more.

Beyond 2018 Ligmincha will continue to expand our support for practitioners and students of Bön and of Tenzin Wangyal Rinpoche. We also will emphasize the preservation activities defined in the second part of our mission statement. We will record and document the practices and history of Bön as it is understood and taught in its native environments of Tibet, Nepal and India. We will further cultivate opportunities for Bön lamas to come to the west to study, teach and support committed students to deepen their connection to the lineage of Bön masters.

Incinerating Obstacles: The Fire Ritual of Nampar Gyalwa

In October of 2017, Ligmincha International, commemorated its 25th year as an organization. Tenzin Wangyal Rinpoche was the first Bönpo master living in the West qualified to teach in the Bön tradition of Tibet. He founded Ligmincha Institute in 1992 to help preserve and present the ancient Bön teachings. Over the years, Ligmincha has grown from a small institute in a tiny house in Richmond, Virginia, to a vibrant international community that includes five centers and more than 70 sanghas (communities of practitioners) in 25 countries.



Geshes, lamas, and sangha members join together for the Incineration of Obstacles, a ceremony for the clearing of negative karmas and setting the stage for our future.

At the commemoration, geshes and lamas from around the world gathered at Serenity Ridge to conduct the largest Bön ritual ever held in a Western country: the Incineration of Obstacles. Many thousands of offerings were made to ensure that Bön would continue flourishing and that all of our personal and collective obstacles would be cleared. E MA HO! May all be auspicious!



International Board members: Carlos Madero, Gabriel Rocco, Rob Patzig, Tenzin Wangyal Rinpoche, Patty Gift, Frank Jeri Gomez, Anneke Dekkers and Justyna Przondo. Not pictured: Pam Rodeheaver.



Sangha members pray for the removal of obstacles during the thousand offerings to Nampar Gyalwa, a wrathful form of Lord Tönpa Shenrap Miwo.

Together We Accomplish More

Ligmincha International, and the national and local chapters of Ligmincha around the world, depend on donations of time and money for the sustenance of our mission. You can make financial contributions online, at <http://www.ligmincha.org/index.php/en/donate.html>.

Those who wish to contribute time and skills should first contact their local or national Ligmincha chapter or retreat center. Practitioners belonging to the cyber-sangha and those without a national or local Ligmincha chapter or representative may email our president, Rob Patzig, by email at r.patzig@ligmincha.org for more information and to discuss service opportunities. Whatever your passion, knowledge, or skill, and wherever you may live, there are ways you can contribute to the vision and mission of Ligmincha.



Members of the Mexican sangha and international visitors eat and work together in the beautiful dining hall at Chamma Ling, Valle de Bravo, Mexico at a retreat with Tenzin Wangyal Rinpoche.

Yungdrung Bön: Ancient Teachings for Modern Lives



About Us

Ligmincha International is a 501(C)3 non-profit organization founded in 1992. Our headquarters is in Shipman, Virginia, USA at Serenity Ridge Retreat Center, one of our five retreat centers around the world. To learn more please visit: www.ligmincha.org.

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