

Ligmincha International

2019 & 2020 Biennial Report



Rinpoche's Greetings

As you read this report, I hope that you are well. I extend my warmth and love to all of you. And I hope that your practice is flourishing. We have had many challenges to bring into our practice this past year. But we also have so much to be grateful for. Every day we have had new opportunities to bring attention to what is happening in us and around us. Happening with COVID, happening politically, socially, personally. With this awareness, we can respond and react from the space of refuge: from stillness, from silence, and from spaciousness. We can serve others.

Ligmincha has done so much in the past two years. Together, we worked to bring His Holiness the 34th Menri Trizin to Europe and North America. This benefitted not only western students, but also the many Tibetans living abroad who had never met him. We received teachings from him, blessings from him, and at the same time we also were able to financially contribute to the monks and children at Menri monastery.

We also spent 2020 discovering new possibilities. With our centers closed, I took my planned sabbatical early. Instead of being fully away, I changed my plans so that I could take time for personal practice and also support students with online retreats and free Facebook Live events with the Cybersangha. I personally felt deep gratitude for our ability to come together for teachings, for sharing our experiences, for practicing together.

We are well into 2021. Many of us are vaccinated, and now we are working to reopen our retreat and practice centers. We continue to pray and to practice on behalf of all those who are still suffering from this disease, from social injustice and inequality. We continue working to bring all the positive qualities – joy, love, compassion and equanimity – that are alive within us and all beings, forward into the world.

With my love and
blessings,

Tenzin Wangyal



Letter from the President

Since 2014, when the International Board was created, we have been working toward greater connectedness, sharing, collaboration, and awareness at the regional and the international levels. The first few years of this effort was very much an organic process. But, beginning in 2019, we saw a need and a global desire for more direct action. At that time, we engaged with consultants to help us explore and map the ways in which Ligmincha has grown and develop a strategy for how to better serve the goals of Rinpoche, our lamas and the needs of this community. Rinpoche was a part of this process at every step.

2020 and the global pandemic only heightened our awareness of coming together imagining and planning the possibilities for teachings, practice and support in the future. 2021 and beyond will be an opportunity for our strategic planning to bear fruit. This report is the story of two years of Ligmincha, but it is also the stories of practitioners. I hope each one of you feels deeply connected to one another through our collective work and find inspiration in the stories within.

In service,

Rob Patzig, president



2019 and 2020 – Annual Report

2019 and 2020 were momentous years for Ligmincha International, each for entirely different reasons. 2019 was a year of expanded collaboration among national Ligmincha organizations and Ligmincha International, with a clear focus on bringing His Holiness, Lungtok Dawa Dhargyal Rinpoche, the 34th Menri Trizin, to Bön centers around the world to teach and meet western students. 2020 saw a continuation of Ligmincha's expansion and collaborative efforts but driven by Covid and the opportunity to bring Yungdrung Bön online.

This annual report is our story, and our stories. Along with information about the journey we have been on together, there are stories of practitioners from around the world about their connections to the teachings and what the teachings mean to them – the fruit.

If you have questions about the contents of this report, please write to president@Ligmincha.org. Thank you!



Olivia Zsamboki

President, Ligmincha Hungary

I encountered Bön at a Chod retreat led by Choekhortshang Rinpoche in Budapest. Within a few months, I met Tenzin Wangyal Rinpoche in person during one of his teachings in Vienna. My deep connection to the Bön tradition soon manifested and was enhanced by the fact that I could offer translation, organization, and other services to the Hungarian Ligmincha community.

Being part of the worldwide sangha and following the Bön teachings feels like coming home to a place that I have known for a long time. It is a refuge and a family full of warmth and support. Following the teachings, and the guidance of Tenzin Wangyal Rinpoche I always feel the intimate and heart-felt connection to the lineage, to the teachers. Despite all kinds of outer, inner, and secret hindrances I often face, I feel that I am endowed with an unwavering dedication that has been leading me, and kept me on the path, where I can continuously perceive the blessings and support from the lineage.

On this journey I have become more fearless, more open, and more compassionate towards myself and towards other beings. I can pass through difficulties in life easier, and lighter, even if I happen to live through sorrow, sadness, and pain. I became able to experience moments more in their fullness. I trust that our limitations do not define us, and now I am aware that, yes, our habits and patterns can be loosened, and in all circumstances, we can grow, and unfold our positive qualities for the benefit of others.

I am infinitely grateful, and I feel blessed that I have had the chance to meet and to connect to the Bön lineage in this lifetime, and I am thankful that I have been given the opportunity to support the work and mission of Tenzin Wangyal Rinpoche and the Ligmincha Mandala.



2019 Highlights

- His Holiness Teaching Tour in Europe, Mexico & the United States
- Sa Lé Ö Musical Offering
- TWR Live becomes CyberSangh
- Construction and consecration of the Elegant Yungdrung *Chorten* at *Serenity Ridge*
- \$15,000 donation to Menri
- \$5,000 each to support children at Menri Monastery in India and in Dolpo district, Nepal
- Publication of “Escape From Darkness”
- Rinpoche releases video recording of his poem, “Who am I?”





His Holiness' 2019 Tour

Ligmincha organized a teaching tour for His Holiness Lungtok Dawa Dhargyal Rinpoche, the 34th Menri Trizin in the summer of 2019 that included France, Germany, Poland and the United Kingdom in Europe; California, Minnesota, New York, Pennsylvania and Virginia in the United States; and Mexico City and Valle de Bravo in Mexico.

His Holiness' travel required hundreds of hours of planning, fundraising and joyful effort, and this work included not only staff and volunteers within Ligmincha, but within other Bön organizations as well. A moment of great anxiety was when His Holiness and his staff's visas were not approved! Fortunately, and thanks to the work of many people and the power of the protectors, the second application went off without a hitch!

At Serenity Ridge Retreat Center, His Holiness, Tenzin Wangyal Rinpoche and other Lamas, consecrated a newly erected Elegant Yungdrung *Chorten*, or stupa, donated by sangha member Vicki Wheaton. This is the fifth stupa built by a Ligmincha community and the first in the US.

Carolyn Hynes - United Kingdom

In December 2019 I discovered a free course on <http://LigminchaLearning.com>. I knew that "there is something here for me". Right from the beginning I had signs and dreams that confirmed I was in the right place and that I was connected. I felt That I was being urged to just keep going and to trust that everything will unfold, to my astonishment, things began to open up for me, meditation improved, sleep was better, even my recall improved, a great thing at this age. I don't mind getting old as long as I have all my marbles!

And then Covid hit. It made me step back and take stock of what is important in my life. I decided to sign up for the Ngondrö online course with Rinpoche and John Jackson in April of 2020. So much information so generously and freely given, and it just blew my mind. I also watched many videos on YouTube where Tenzin Wangyal Rinpoche gave talks.

Now in my 70s, I can say my eventful life has propelled me to search and dig deeper for answers. I needed to know. This took me all over the place, including India. Now, here I am, someone who has roamed the earth looking for teachings and I am sitting in my living room - no mosquitoes, heatstroke or Delhi belly, and my teapot is on tap whenever I want it.

You can tell so much about a teacher by observing his or her students, I found Rinpoche's students to be very open, available and helpful. Covid has given me teachings and overflowing kindness from a teacher whose heart is huge.



The Sa Lé Ö Performances

On June 9, 2019, the first Sa Le Ö Musical Healing and Meditation Concert, a concert of profound healing through music, sacred chants and meditation was held in Houston, Texas. It was followed by three concerts in Mexico and a final performance at Serenity Ridge in Shipman, Virginia. Proceeds from all performances were donated to support children in marginalized areas of India and Nepal, including Menri Monastery in India. These concerts provided \$10,000 for the benefit of Tibetan and Nepalese children in India and Nepal.

These concerts took so much planning: travel scheduling, renting venues and equipment, promoting and selling tickets and more. The musicians had never worked together before, nor were they familiar with the melodies of the heart mantras of Yungdrung Bön. But Tsering Wangmo and Raman Maharjan performed beautifully, and the dances, prayers and mantras sung by Geshe Thupten Negi, Geshe Denma Gyaltsen and Lama Kalsang Nyima lifted everyone's spirits and calmed our minds.

Ligmincha International presents

SA LÉ Ö

A concert of profound healing through
Music, Sacred Chants and Meditation

Sharing their
Prayers and
Blessings for
Harmony,
Peace and
Healing

 Geshe Thupten Negi

 Lama Kalsang Nyima

JUNE 2019

9 Houston, Texas
Museum of Fine Arts Houston

13 Torreón, México
Teatro Isauro Martínez

15 Mexico City
Teatro Milán

16 Valle de Bravo, México
Bön Stupa for World Peace

22 Shipman, Virginia
Serenity Ridge Retreat Center

 Tsering Wangmo
Lead Vocal. Tibet.

 Raman Maharjan
Bamboo Flute. Nepal.

Ligmincha International benefit concert for
Tibetan children at Menri Monastery in India and
schools for refugee children in India and Nepal.



www.ligmincha.org
www.ligminchatexas.org
www.ligmincha.mx





Wojtek Plucinski

Teachings Director for Ligmincha Mexico and
Ligmincha Poland (2000 - 2020)

The 25 years of practice have taken me to a special place. It is from that place that my life now continues.

One of the most important things is that now the practice is not separate from my life. I can't even say that the practice is part of my life – now life has become part of my practice. Thereby, the knowledge or experience from formal meditation generates an increasingly solid and verifiable vision in my personal life. So, life, itself constantly gives me new opportunities to practice and have more experiences.

There have undoubtedly been many changes, from the way I live and feel, my dreams and my priorities... and also, my demons. By the way, now, more than ever, I see what remains to be done. My demons mostly are in front of me, not inside me.

And finally, I feel a vivid connection with everyone and everything. I feel more union than separation – a wonderful foundation for finding well-being. Much remains to be done, but I do not feel alone, dharma is a great company.

2020 Highlights

- Four Retreats with Tenzin Wangyal Rinpoche
 - 350–900 enrolled students
 - 5–9 languages available in translation
- Ligmincha organizations sponsor online retreats with: Geshe Choekhortshang Rinpoche, Geshe Denma, Geshe Gyatso, Geshe Lodoe and Dr. Sanmgo Yangri
- First ever transmissions (*lung*) given online within Ligmincha
 - Seven Mirrors of Dzogchen
 - Preliminary practices of the Experiential Transmission
- Sleep Yoga Course with Rinpoche launched
- Publication of Jamma Nying Tik in Spanish
- Trademark for CyberSangha approved by USPTO





Hira Hosen - Egypt

The Bön Buddhist teachings have changed my life forever. Initially, I remembered the teachings through my search for meaning, purpose, enlightenment, bliss, humility and completion, yet these lineages keep giving more. Oneness. Peace. Openness. Strength. Guidelines on how to live beyond happiness and suffering. How to embody being a present, loving and sovereign human being.

The teachings flow through Tenzin Wangyal Rinpoche in such selfless ways: transforming the ancient wisdoms into precise, modern-day guidance, offering humanity a multitude of profound, practical methods of how to view, experience and manifest infinite possibilities for the benefit of all. Rinpoche patiently introduces us to our true nature, assisting those willing and unwilling to cut through the dream, to deeply ground spacious awareness through our own creative connection with its silent light, in our body, breath, mind and beyond.

It's my heart's passionate calling to co-create a source portal of multidimensional experiences for our human collective on our ascended Mother Earth. To live freely in universal respect, playful harmony and confident joy. Merging with the purest intentions of these powerful lineages, may I effortlessly rest in the vibrant, empty fields of fearless knowing that everything is eternally perfect, whole and complete as it is. Allowing dynamic source energy to continuously birth new realities, one clear breath at a time.

2020 – The Year of COVID

In March of 2020, just at as Rinpoche's retreats were about to begin, the global pandemic caused all Ligmincha activities to cease. Hard decisions had to be made. In addition to closing Serenity Ridge Retreat Center, staff had to be laid off, planned maintenance and repairs suspended, and an entirely new business model adopted.

Throughout the year we all experienced feelings of isolation, anxiety, sadness, anger and helplessness in the face of the loss of life brought on by this disease. But our practice sustained us. Yungdrung Bön practitioners all around the world did what they could to help and be of service to others. This includes the regular practice of the wrathful mantra of Sipé Gyalmo to prevent disease and support healing.



Si Gyal Drak Ngak Walmo, a manifestation of Sipé Gyalmo a protector and deity of healing

2020 The Year of ZOOM

When our centers had to close, we rapidly transitioned to online retreats.

The results were astonishing! As many as 900 people registered for retreats that would have only brought 80-120 together in person. Real time translation into 9 languages were provided, whereas before there was never more than 1 language beyond English.

2020 showed us how truly global we are, and how united we stand, together! Thanks to your generous support through donations, volunteering and prayers, Ligmincha has not only come through this time intact, but we are stronger: stronger as a community, as an organization, financially, and technologically.

There is a lot of work to do to ensure that these gains are lasting ones, and to bring our retreat and practice centers back up and running, but collectively we are up to the challenge!

Elena Junttila- Finland

In 2007 a group visited Menri Monastery. They returned and taught the nine purification breaths exercise and talked about Bön. Since that time, my relationship with the world has changed immensely. This transformation can be compared to waking up from a dream. In a way, I have lived a very happy life in a loving family, but everything happened at random. I couldn't connect one event of my life to another, and I was not able to ponder why certain patterns and the resulting problematic situations kept following me from one situation to another.

An intense change happened for me in 2014 during a trip to Nepal. Our guide in the Bön area in Mustang was Geshe Sonam. On this trip I saw how old knowledge can be alive and how a community can lean on it. One's own choices are considered through a wider worldview. Living this way, a person is no longer adrift in the turmoil of life but carries responsibility of his/her own choices and acknowledges the effect they have on other people and the whole environment.

I thank my spiritual teachers Tenzin Wangyal Rinpoche, Khenpo Tenpa Yungdrung Rinpoche, Khenpo Gelek, Geshe Sherab Lodoe for their gentle support and guidance, as well as my earthly teachers: my children, mother, colleagues, customers and friends for bringing up my karmic obstacles I want to be rid of. Many of you are considerably further down the path of spiritual growth, and you are bright examples of determination, openness and how to view other people with compassionate love.





Financial Highlights for 2019 & 2020

Ligmincha continues to reflect the resilience of the many generous practitioners, donors, volunteers and staff who faithfully give and serve to fortify the deep traditions of Yungdrung Bön and the tireless work of Tenzin Wangyal Rinpoche. Because this community's strength, we have been able to keep current on all financial obligations and commitments, while also investing in technology and innovating to keep our community connected to the teachings and to one another, even during these recent challenging times. It is our hope that Ligmincha is a resource and support to every person who encounters us to find their own peace, perseverance, and innate goodness - even amidst the inevitable storms of life.

We are deeply grateful to everyone who helped make Ligmincha a touchstone of support, encouragement and balance to so many from every corner of the world. To you we offer our sincerest appreciation. Our mission and purpose cannot be realized without you!

Ligmincha International Summary Financials, 2019 & 2020

	<u>2020</u>		<u>2019</u>	
INCOME				
Program Income	\$ 507,106	54.79%	\$ 614,514	61.04%
Fundraising Income - Donations	\$ 385,977	41.70%	\$ 315,062	31.29%
Bookstore and Other Revenue	\$ 32,471	3.51%	\$ 77,198	7.67%
Total Income	<u>\$ 925,554</u>	<u>100.00%</u>	<u>\$ 1,006,774</u>	<u>100.00%</u>
EXPENSES				
Program	\$ 714,077	82.53%	\$ 869,484	84.78%
Administrative	\$ 148,257	17.14%	\$ 152,096	14.83%
Fundraising	\$ 2,886	0.33%	\$ 4,016	0.39%
Total Expenses	<u>\$ 865,220</u>	<u>100.00%</u>	<u>\$ 1,025,596</u>	<u>100.00%</u>
Cash Surplus (Deficit)	<u>\$ 60,334</u>		<u>\$ (18,822)</u>	

Ligmincha's full income statement and balance sheet are available by request by writing president@ligmincha.org

2021 – Re-opening and Building a Future, Together

We are well into 2021 as this report goes to print. And now, more than halfway through the year, we are starting to reopen our retreat centers and plan for our practice groups resume in person (while remaining online, too!). There is so much to do for us to safely and fully reopen to the things we did before the pandemic. We need your help.

Please consider supporting your local or national sangha, or Ligmincha International. We are in need of volunteers at every level: from sweeping floors to hosting zoom meetings to translating live and print materials or acting as a Host if there is no practice group in your area. And our work is not possible without the financial support of practitioners like you. Ligmincha is a largely volunteer-run organization, but retreat centers are capital intensive, and as we continue to expand our online activities, those too require funding.

To contribute locally, please look for your country's information at: <https://ligmincha.org/countries/>

To donate to Ligmincha International*, please follow this link:

<https://ligmincha.app.neoncrm.com/np/clients/ligmincha/donation.jsp?campaign=20&>

If you would like to volunteer, please fill out this form. <https://forms.gle/cSQHVMzCoRY4GJs78>

*Ligmincha International is a 501(C)3 non-profit organization and donations are tax deductible in the United States.

