



Ligmincha International



Annual Report 2023



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Tenzin Wangyal Rinpoche's Greetings



Dear Sangha,

As we publish this annual report, I want to express my gratitude to everyone who has supported me and Ligmincha with their time, skills of all kinds, financial support, encouragement, and prayers. Some of you have been my students for as long as thirty years, since I first began teaching in the West. And others of you have only been on this path for a few months through the CyberSangha™ or coming to your first retreat.

I am touched, inspired, and enlivened by everyone I meet on this path that is my life. And I am especially grateful to my family, my wife Tsering and my son, Senghe, for their love and support.

It is through connection and mutual support that my personal mission and Ligmincha's thrives: clearing ignorance, enhancing love, joy, compassion and equanimity, all the positive qualities. Preserving these teachings, practicing them and sharing them can truly transform us and through us the world.

May your practice flourish and ripen,

Tenzin Wangyal

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Letter from the President



Dear All,

It seems that every year is a year of change and transition for Ligmincha!

We see new practice groups form (and sometimes close), we organize and collaborate more and more internationally, we add new programs online and at our retreat centers. Ligmincha is so full of the dynamic energy that Rinpoche is always helping us to manifest!

And while we are always seeking better and easier ways for students to connect to the teachings and developing tools for deepening one's practice, the teachings do not change.

We don't stray from the lineage of Yungdrung Bön, Tenzin Wangyal Rinpoche, and our resident lamas. We connect to stillness, silence and spaciousness in the ways that Rinpoche has been guiding since he first came to the West. Whether our practice is as simple as "A, OM, HUNG" or as complex as the Ngöndro, Chöd, or the Ma Gyu sadhana, the profound depths of the natural state – unbounded wholeness – and our commitment to compassionate activity of body, speech and mind is what connects us.

A handwritten signature in blue ink that reads "Rob Patzig". The signature is written in a cursive, flowing style.

Rob Patzig, President
Ligmincha International

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Our Story

Our Mission is

To preserve the ancient teaching of Bön and present its teachings in culturally appropriate, accessible, and applicable ways to modern life

Our Vision is

To preserve Yungdrung Bön as a living spiritual tradition

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Our Story

Ligmincha

was established in 1992 as the Ligmincha Institute for the Study of the Religions and Cultures of Tibet by Tenzin Wangyal Rinpoche. The organization exists to support the precious Bön teachings, teachers, and students. We organize retreats, offer recordings, publish books, and provide online courses in support of our mission.

In 2015 the name of the organization was changed to Ligmincha International to better reflect the diverse and global nature of our community.

Global Community

Ligmincha is a global community (sangha) of meditators and practitioners of the ancient Bön spiritual tradition of Tibet.

The Bön teachings show practitioners how to embrace the joys, sorrows, and challenges of life with an open heart – because by connecting more fully to ourselves, we connect more fully to life.

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Our Story

Practice groups worldwide

Ligmincha has practice groups in **25 countries** on 5 continents, and teachings are available in **17 languages**. The primary languages of our community are English, French, German, Hungarian, Polish, Portuguese, Spanish.

There are also **8 retreat and practice centers** located in 5 countries that provide extended opportunities for service, study, practice, and retreat.

The Serenity Ridge Center in Virginia serves as the headquarters of Ligmincha International.

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Our Story



The Center of our Mandala

Serenity Ridge Retreat Center is located in the Blue Ridge foothills of central Virginia. Serenity Ridge is the headquarters of Ligmincha International. The Center hosts spiritual and meditation retreats throughout the year, and offers many other opportunities to engage in practice.

Serenity Ridge offers a residency program for those wanting to deepen their practice through living in community at the center and engaging in service as spiritual practice.

Serenity Ridge holds several Service Retreats throughout the year. These are opportunities to participate in group service projects and practice as well as earn credit toward a future retreat.

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Summary 2023

Retreats at Serenity Ridge

387

Participants in person

1246

Participants online

73

Countries

8

Languages

4

Summary 2023

Ligmincha Learning

18

Courses

1457

Participants

35

Countries

6

Languages

5

Highlights



His Holiness at the Summer Retreat 2023 in Serenity Ridge

Ligmincha International were honored to welcome His Holiness, the 34th Gyalwa Menri Trizin Rinpoche, spiritual head of the Bön tradition, back to Serenity Ridge. He was with us for the full two weeks of our summer retreat, June 24 – July 8 2023.

His Holiness gave teachings from the Twenty-Four Masters, and gave the oral transmissions (lung) of chapters from the Bön Mother Tantra on Dream Yoga, Elements, Chöd, Powa, Bardo and Sleep Yoga.

In addition, His Holiness also offered the Sherap Chamma initiation (wang) on Saturday, July 1.

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Highlights



International Umdze Retreat March, 2023

Ligmincha International had the first ever international practice retreat for our umdzes at the Great Stupa for World Peace, Chamma Ling, Valle de Bravo, Mexico in March. Ligmincha Mexico was our host, and everyone was deeply moved by their endless generosity and care for all visitors. It is impossible to visit the stupa and not feel at home.

Umdzes from Mexico, Brasil, Argentina, the United States, Ireland, Italy, Hungary and Poland came to the retreat, and others from around the world joined us online, including umdzes from Germany, France and Peru.

Click [here](#) to view photo gallery.

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Highlights



Geshe Yungdrung Gyatso

Geshe Yungdrung Gyatso is the resident lama of Ligmincha Poland. He lives in the Chamma Ling Poland center in Wilga, near Warsaw. Geshe Gyatso was born in 1980 in Bicher village, in the Dolpo region of Nepal. This is also the home of the Samling Monastery, the oldest and most important Bön monastery in the region.

At age 9, he and his father traveled to Kathmandu, where he became one of the first monks to begin study at Triten Norbutse Monastery.

He received teachings from His Eminence Yongdzin Lopon Tenzin Namdak Rinpoche. Following the consecration of a new, large temple at the monastery, Geshe Gyatso joined the dialectic school along with about 100 other monks. He began studying for his geshe degree at Triten Norbutse Monastery in 1994 and received his degree in 2009. He then did a 100-day retreat where he practiced tsa lung and trul khor.

After receiving his geshe degree he was again invited to visit several countries in Europe, where he gave public talks and teachings, made Bönpo tormas, and conducted rituals and a cham dance. He has been a member of the board of Triten Norbutse Monastery outside Kathmandu, Nepal. At the invitation of Geshe Tenzin Wangyal Rinpoche, Geshe Gyatso officially became resident lama of Chamma Ling Poland in 2015. He also teaches throughout Europe.

In addition to being a resident lama for Ligmincha Poland, Geshe Gyatso also spends time annually at Serenity Ridge and at other Ligmincha Centers.

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Highlights

CyberSangha



CyberSangha®
Tenzin Wangyal Rinpoche

Throughout 2023 Tenzin Wangyal Rinpoche continued to offer his own, ongoing CyberSangha program of free live online broadcasts and other social media offerings. Administered by a team of volunteers, the offerings included:

Regular Facebook Posts by Tenzin Wangyal Rinpoche

Absent of advertising, in 2023 Rinpoche's Facebook page grew organically to more than 50,000 followers. There were nearly 235,000 Facebook visits and more than 350,000 video views from followers and non-followers, with 683,700 minutes viewed and 38,300 post reactions, comments and shares.

Bringing Body, Speech & Mind to Life

The start of 2023 marked the Month of Speech and Month of Mind, at the close of a free yearlong program „Bring Body, Speech & Mind to Life,“ based on the Tibetan tradition of body, speech, and mind as the three doors to enlightenment. Each lunar month included a Facebook Live teaching and guided meditation with Tenzin Wangyal Rinpoche, a 24-Hour Full Moon Practice (a round-the-clock meditation session via Zoom), and a live online science & spirituality dialog with guest speakers. A comprehensive approach to meditation and self-improvement, the program combined Rinpoche's teachings with scientific perspectives on wellness and meditation. All offerings were free and open to all. Live and recorded broadcasts were viewable both on Rinpoche's Facebook page and at cybersangha.net

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Highlights

CyberSangha



CyberSangha®
Tenzin Wangyal Rinpoche

Embracing Life with Wisdom & Compassion

With the first full moon of the Tibetan New Year in March 2023, CyberSangha launched its next yearlong program: “Embracing Life with Wisdom & Compassion.” This transformative free online offering included live teachings and dialogs on topics such as jealousy, fear, ignorance, and anger; 24-Hour Full Moon Practices; and free, interactive online courses with limited enrollment. Each month the offerings focused on a specific emotion or form of suffering, providing tools for healing and transformation.

Other Online Broadcasts

In addition to the yearlong program offerings, CyberSangha produced a „One Taste series“ – a series of 10 excerpts from Rinpoche’s teachings on the Five Wisdoms from the Great Stupa for World Peace in Valle de Bravo, Mexico; as well as Tibetan language broadcasts on topics of interest to Tibetan immigrants.

Click [here](#) to watch One Taste series

Rinpoche’s Daily Reflections

Throughout the year Rinpoche routinely shared his “Reflections of the Day,” brief Facebook posts with insights derived from his deep, personal observations of the world around him. His stated purpose was to guide himself on his own spiritual path while supporting others on similar journeys.

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Stories



Personal reflections from Alessandro Pincin, Italy

In December 2022 after having completed a two-year umdze training course, I received an invitation from Rob Patzig to attend Ligmincha International's the first ever international umdze practice retreat in Mexico.

Mexico had been a dream trip for me for a long time, and it was also my very first intercontinental flight, and the first time to meet many renowned instructors and teachers of the international Ligmincha sangha

I have been a follower of Bon and student of Tenzin Wangyal Rinpoche since 2013, and throughout the years I had attended different online sessions where I got inspired by these instructors. I was very happy that finally I could meet them in-person, deepen my knowledge through their experience and share informal moments with them.

When I arrived in Mexico City, I met some Sangha members and instructors already at the airport. It was an unexpected and amazing experience to connect with them even before starting the practice retreat.

Spending two weeks at the Great Stupa in Valle de Bravo was wonderful: first of all the gompa is a magical place where you can feel peace and experience deep concentration during practice, and it is a wonderful building enriched by the love of all the volunteers who dedicated their time and money to make it possible; then all the food made with love and care by the kitchen team; the kind and always available personnel who assisted all needs of the attendees; the comfortable cabins where we were accommodated; the beautiful environment in the nature that surrounded us, and the positive and beautiful energy amongst people of the sangha. Mexican people were very warm, funny and kind making you feel like you were in a family place.

The conversations with senior practitioners were very nourishing for me since I was just at the beginning of my journey as an umdze.

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Stories



Personal reflections from Alessandro Pincin, Italy

Before the umdze practice retreat we attended a one-week open to all retreat on Five Wisdoms with our beloved root teacher Tenzin Wangyal Rinpoche. It was a deep experience: the meditations led by Rinpoche allowed me to see the meaning of life, my personal journey and my personal development as human being with more clarity. It was very enriching.

Then finally we started a three day retreat just for umdzes. On the first day, Rinpoche provided us with advice from his long experience. It was very touching and full of wisdom.

After Rinpoche left Valle de Bravo, we continued the sessions with the senior instructors. These sessions were very meaningful for me because allowed me to understand how daily practice on the three doors and how meditation can develop inner peace and inner wisdom as tools to face life and the everyday obstacles with job, illness, finances etc.

When we closed the retreat, we were sitting in a circle inside the Stupa, sharing our personal experiences. Those moments were very important for me, because all of us, senior or younger students were able to share their wonderful and very human experiences about their practice. When the retreat was over, before flying back to Italy and beginning to lead practices to the Italian sangha, I felt deeply grateful to have met such wonderful people and to have extended my circle of brothers and sisters from all around the world.

I would like to thank Ligmincha International and Ligmincha Mexico for organizing this beautiful event for the benefit of many people. Thanks to Rinpoche and to all the resident Lamas of the Great Stupa for their teachings and finally special thanks to Rob Patzig, Marcy Vaughn, Wojtek Pulcinski, Alejandro Chaoul, Ryszard Adamiak, Lourdes Hinojosa, Zsolt Andrasek, Gil Vivekananda and Robert Sheridan for their loving kindness and friendship.

I am looking forward to next umdze retreat...

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Stories



Anneke Dekkers

20 years ago I first met Tenzin Wangyal Rinpoche in Amsterdam during a four-day retreat on the subject of External Rushen.

At the time I was mainly a spectator: I did not understand much of what I saw and heard, and I also felt a bit strange about it. And yet, I knew there was a truth in it, a deeper truth that appealed to me and that I was attracted to. And in that same period I rediscovered the Dutch translation of 'The Tibetan yogas of dream and sleep' in my bookcase, that stood there still unread.

That retreat was the beginning of my years of commitment to Tenzin Wangyal Rinpoche and the Bön tradition.

Via the Dutch Ligmincha Board, first as treasurer, later as chairman - as successor to my great predecessor, Jan Dinkelaar who invited TWR to the Netherlands for the first time - I also met the larger Bön world: Europe, America and with great pleasure and gratitude I also think back to my travels to India and Nepal.

Being involved in the Bön tradition for so many years has brought me a lot. It has especially opened my heart: to my fears, my separateness, my doubts and uncertainty and certainly also to the world around me. Every day I experience the teachings, the practice and the sangha as an enormous enrichment of my life and an important support in the sometimes-intense dynamics in the world. It has made me a more open, joyful, dynamic and accessible person.

Now it is time for me to stop all administrative activities for Ligmincha, and contribute more actively to the well-being of the elderly in my hometown. I love to go by bike to a meeting and no zoom!

On this occasion I would like to express my heartfelt gratitude to Tenzin Wangyal Rinpoche for his immense generosity and his continuous support, as well as the worldwide Sangha for the always pleasant, constructive and inspiring collaboration. My experience in Ligmincha will always stay in my memory and forms an excellent basis for my new activities. Much love to you all!

May the Bön teachings flourish forever!

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Stories



Lourdes Hinojosa

Back in October 1999, guided by a dream, I had the blessing of meeting my root lama, Tenzin Wangyal Rinpoche, while attending his first teaching event – Chöd – at the sacred land, Chamma Ling Valle de Bravo, México.

Right there, 11 years after, in 2010, the Great Bön Stupa for World Peace was consecrated.

Soon after meeting him, while attending another of Rinpoche’s teachings right there, at reflecting on Guru Yoga prayer, I approached Rinpoche – our beloved Lama Tenzin, as we call him in México – and from the ingenuity of my open heart asked him: “Rinpoche, here it says I pray to you, benevolent root lama... Is that You?” He looked me in the eye and said: “Yes”. E ma ho! What a joy!

How did recognizing my own root lama changed my life? I guess all previous experiences were a preparation for this moment. And from then on, it has been a gradual process, steadily permeating each and every aspect of my life, while impacting the ones around me as well.

It is all about service. Learning from Rinpoche, with his clear and simple style of teaching: “Who... Who is the one – experiencing suffering, in any way”? Learning to discover, embrace and dissolve my pain self, over and over. Staying as close as I can to Rinpoche: his presence, his words, his teachings, his reflections... applying them to my everyday life; waking up feeling the blessings and protection of the Bön Lineage, and ending each day with gratitude for the opportunity to integrate my practice and to be of service.

I’d like to share here a beautiful dedication Rinpoche wrote in Tibetan, with golden ink, while signing my copy of one of his books, about 20 years ago: “May you have the experience, and achieve realization”.

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Board of Directors



Carlos Madero
Mexico



Rob Patzig
President & CFO



Anneke Dekkers
Netherlands



Pam Rodeheaver
USA



Gabriel Rocco
USA



Mariela Irragori
Mexico



Frank Jeri
Peru



Justyna Przondo
Poland

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Financials

FY 2022 & 2023 Financial Summary

Ligmincha International saw a decline in income of \$58,833 from 2022 to 2023. This change is driven by several factors. There was a substantial reduction in the donations received compared to prior years, and lower post-pandemic attendance at in-person retreats. As well, our expenses exceeded our income during both of these years.

The main increases in our operating costs in 2022 were: (1) charitable aid to other organizations, (2) increased capital and operating expenses as Serenity Ridge was re-opened after COVID related closure, (3) a substantial increase in utility rates.

2023 saw a continuance of higher operating costs, increased capital expenditures at Serenity Ridge, and additional costs related to bringing His Holiness the 34th Menri Trizin to the United States for his teaching tour.

The net loss for 2022 was \$151,674.15, while the net loss for 2023 was \$183,578.40.

All questions, concerns and comments should be addressed to president@ligmincha.org

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Financials

FY 2022 & 2023 Income and Expense

	2023	2022
Income	\$718,147	\$771,194
Expense	\$901,725	\$922,868
Net Income	(\$183,578)	(\$151,673)



Expense, FY2023

■ Operating Expense
 ■ Depreciation
 ■ Non-Operating Expense
 ■ Miscellaneous Expense

34%

15%

37%

13%

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Financials

Income & Expense Detail

Income by Category, FY 2023



Income	FY 2023	FY 2022
Fundraising Income	\$ 168,859.41	\$ 246,236.13
Program Income	\$ 483,890.96	\$ 446,406.50
Shop Income	\$ 48,942.22	\$ 66,757.05
Other Income	\$ 2,204.12	\$ 3,330.26
Interest Income	\$ 14,250.49	\$ 8,464.84
Total Income	\$ 718,147.20	\$ 771,194.78

Expense by Category, FY 2023



Expense	FY 2023	FY 2022
Operating Expense	\$ 306,676.00	\$ 351,851.10
Depreciation	\$ 143,810.00	\$ 143,587.00
Non-Operating Expense	\$ 335,552.35	\$ 317,726.20
Miscellaneous Expense	\$ 115,687.25	\$ 109,704.63
Total Expense	\$ 901,725.60	\$ 922,868.93

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Financials

Summary Balance Sheet

	31-Dec-23	31-Dec-22
ASSETS		
Current Assets		
Cash & Cash Equivalents	\$ 809,951.70	\$ 887,455.75
Other Current Assets	\$ 98,130.73	\$ 69,403.96
Total Current Assets	\$ 908,082.43	\$ 956,859.71
Non- Current Assets		
Long-term Assets	\$ 4,817,261.31	\$ 4,915,778.48
Total Non- Current Assets	\$ 4,817,261.31	\$ 4,915,778.48
TOTAL ASSETS	\$ 5,725,343.74	\$ 5,872,638.19

	31-Dec-23	31-Dec-22
LIABILITIES		
Current Liabilities		
Accounts Payable	\$ 30,755.41	\$ -
Other Current Liabilities	\$ 27,093.90	\$ 9,304.93
Total Current Liabilities	\$ 57,849.31	\$ 9,304.93
Non- Current Liabilities		
Long-term Liabilities	\$ 572,913.57	\$ 603,932.45
Total Non- Current Liabilities	\$ 572,913.57	\$ 603,932.45
TOTAL LIABILITIES	\$ 630,762.88	\$ 613,237.38

	31-Dec-23	31-Dec-22
EQUITY		
Restricted Funds	\$ 299,158.20	\$ 303,368.80
Donated Assets	\$ 10,892.16	\$ 10,892.16
Unrealized Gain/Loss Trade Securities	\$ (4,460.66)	\$ (22,948.61)
Unrestricted Assets	\$ 4,972,569.56	\$ 5,119,762.61
Net Revenue	\$ (183,578.40)	\$ (151,674.15)
TOTAL EQUITY	\$ 5,094,580.86	\$ 5,259,400.81
TOTAL LIABILITIES & EQUITY	\$ 5,725,343.74	\$ 5,872,638.19

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Supporting our mission



Ligmincha International is dedicated to preserving the ancient Yungdrung Bön tradition of Tibet and making its teachings available throughout the world. We do this by:

- Supporting monks to live and teach in the West.
- Retreats and teachings around the world.
- Online meditation, healing practices and history courses from the Bön tradition in English, Spanish, French and other languages.
- Books and transcripts of teachings via Sacred Sky Press.
- Support of monasteries, monks, and nuns in India and Nepal.

Please click [here](#) to learn about how you can donate.
Thank you!



Ligmincha International

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