

## Dear friends, students, and fellow meditators,

It has now been two years since I returned from my retreat. I've reconnected with many of you in my visits to Tergar groups and centers around the world. I even chatted with some of you online in live webinars. My time teaching and sharing the path with you all has reinforced my belief that friendship and community are the heart of the path.

Of course we need to study and meditate, but the point of our practice is to apply what we learn in everyday life. We learn by doing, by bringing what we understand through study and experience in meditation into our lives and interactions with others.

This is why community has always been so central to the path of awakening. We need friends to support us in our practice, and supporting others is one of the most powerful ways to express what we learn.

I am so happy to see how so many of you are contributing to, and benefiting from, our Tergar community. Your commitment to the path – to recognizing the wisdom and compassion that are your true nature – will undoubtedly enrich your life and touch the lives of many others as well.

I will keep you in my heart and prayers,



Yongey Mingyur Rinpoche



## Growing Community Means Growing Leadership

Leadership development is at the heart of supporting our growing, global community. It is also the natural result of practicing and working together. As Mingyur Rinpoche might say, “How nice!”

This year we’ve developed leadership capacity on many levels. Community leaders – without whom Tergar would not exist – gathered in Germany, the United States, and Mexico to share what we’re learning, to build our bonds of friendship, and to receive inspiration and guidance from Mingyur Rinpoche and Tergar Instructors and Facilitators. For the first time this year, these Tergar Leadership Core Trainings included online learning components that were available before the gatherings. These materials proved

a great success, and will become a regular part of future leadership trainings.

We’ve also added staff capacity in four community-support areas. Franka Cordua-von Specht (Vancouver, Canada) and Cindy Ahlberg (Minneapolis, USA) have joined us as Community Support Manager and Event Manager, respectively. Maya Sepulchre and Isboset Amador (Puebla, Mexico) have also joined the Tergar International team. Maya will manage program-content production and translation, and Isboset will lead the next phase of development of the technology that supports our global community. Please join us in welcoming Franka, Cindy, Maya, and Isboset to their new roles!



The idyllic German village of Hirschbach hosted the European training in January. Thirty-nine practice leaders, coordinators, and administrators from nine countries clambered up the steep, icy path to the lodge. Once there, we found ourselves nurtured by the beautiful snow-covered landscape and surrounded by like-minded people, interested in deepening their understanding of how we can support each other in practice and help make the teachings of Mingyur Rinpoche be accessible to more people.





In August, Tergar Puebla in Puebla, Mexico – a vibrant community of dedicated and fun practitioners – hosted thirty-seven community leaders from Rio de Janeiro, Vancouver, Portland, Los Angeles, Groton (Massachusetts), and Elmira (New York). Tergar Instructor Myoshin Kelley and Facilitator Maya Sepulchre co-led the training.



Over one hundred group leaders from around the world gathered in the United States at the University of St. Thomas in Minnesota, in June. Mingyur Rinpoche joined us in rich, inspiring group discussions about building healthy communities in support of our common goal of transforming self for the benefit of others. Rinpoche spoke from his own experience and reminded us of the value of recognizing the basic goodness and good hearts of others, who in turn will be inspired to act from their true nature.



Although Rinpoche had to travel to Nepal on short notice during the summer programs, Khenpo Kunga made the White Tara retreat at St Thomas University, the weekend workshops in Paris and Moscow, and the two European summer retreats in Winterberg, Germany unforgettable experiences for all who participated. He won the hearts of everyone who attended his clear and inspiring teachings, and the German and Russian communities are already looking forward to welcoming him back for further events.



## Students from around the world join online Mahamudra course

In September, Tergar Learning Community launched a new six-month Mahamudra course as part of the Vajrayana Online program. The program kicked off with our largest Vajrayana Online registration since the subscription-based program was launched. Designed for Buddhist practitioners interested in deepening their understanding and practice of the traditional Kagyu Buddhist teachings on the nature of mind, the Mahamudra course presents a clear, experience-based progression through the practice of Mahamudra, focusing on the view, meditation and application of each step along the path of liberation. In addition to video teachings from Mingyur Rinpoche, webinars, readings, and other resources, some new elements were introduced for the Mahamudra course, including a practice workbook and small study groups.

## Expanded Joy of Living programming is coming soon

One of our major initiatives is to completely redesign the Joy of Living. We've been working with Mingyur Rinpoche to create a new approach that retains the profound practices and principles of his teachings, but brings together the best of community-based learning and interactive technology to craft a truly unique approach to learning and practicing meditation. Rinpoche is also bringing new ideas and practices into the Joy of Living, including awareness yoga and other elements that will help both new and experienced Joy of Living meditators to deepen their practice. A Joy of Living for Families program is in the works for fall of 2018; stay tuned for more information after the first of the year.



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