

Dear friends, students, and fellow meditators,

These days we are constantly reminded of the challenges we face. Depression and anxiety are on the rise, climate change is creating disasters all over the world, and big changes in society are bringing to light so many things that have been in the shadows for many generations.

It might seem that appreciation and hope have no place in a world with so many challenges, but these are precisely the qualities that will give us the inner strength to work with our suffering in a skillful way, and to stay connected to each other as we do.

Appreciation isn't positive thinking. It's not wishing things to be better than they really are. Appreciation is taking the time to notice what's already here, what we have right now in this very moment.

There are so many qualities that we don't give ourselves credit for. Our minds are naturally clear and aware. Our hearts are naturally open and compassionate. And each of us has tremendous wisdom. The Buddha called this our "buddha nature." We don't always recognize it, but it's always with us.

Every single day we do countless things that express this buddha nature...small acts of compassion, moments of insight and understanding. These things are so common that we don't even notice them.

Recognizing these qualities is like discovering a treasure that's been buried right beneath our feet. What we discover might feel new and fresh, but it's our discovery that is new, not the qualities themselves.

This discovery of our own buddha nature is the solution to the problems we face. It gives us the confidence, the compassion, and the wisdom to deal with our own challenges and the suffering of the world with an open heart and a clear mind.

When we make appreciation the foundation of our practice, every moment is filled with possibility.

Yours in the Dharma,



Mingyur Rinpoche



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About 200 people joined the retreat at Tubten Ling, outside Moscow, Russia

Recap of Teachings 2018

It was another busy year of teaching and traveling for Mingyur Rinpoche. Thousands had the opportunity to see him again, or for the first time, in public talks, weekend workshops, and residential retreats around the globe. In April he left his monastery in Nepal and headed to Europe for a public talk at the London School of Economics (see the [video on YouTube](#)). Over the next few months, he visited and taught many of his larger communities and returning students in North and South America as well as Western Europe, Russia and Asia. Rinpoche had the chance to visit cities that had not seen him since before his wandering retreat, and he visited with Tibetan communities where he could along the way. In some places, he wove into his presentation teachings about the six paramitas, which was then the live course on Vajrayana Online. In others, he partnered with scientists or business executives for discussions about mindfulness from those perspectives. Wherever he went, he shared his awareness, compassion, and wisdom with us, and reminded us how we can find it within ourselves.

Keep up with Mingyur Rinpoche's schedule at tergar.org/schedule.

Fresh Content for Local Groups

As Mingyur Rinpoche reminds us often, it's good to change things up from time to time to keep our meditation practice fresh. This is also true at the community level, which is why a variety of new curriculum has been introduced to Tergar practice groups and communities this year. An "Added Content" curriculum was developed to supplement the regular Joy of Living group materials. This content gives communities the opportunity to hear from some fresh voices, including men and women from the Tergar tradition and beyond. Other recently released materials include a new book club curriculum for *The Heart is Noble*, and a movie night featuring the documentary *A Joyful Mind*.

We're very excited to announce a new offering, "The Six Paramitas Group Program." This significant expansion of our existing curriculum is now available to Tergar groups and communities. If your community would like to take part in the Paramita program, or if you would like more information about starting a Tergar group in your area, contact franka@tergar.org for more information.



Checking in at the Path of Liberation retreat in St. Paul, Minnesota

Tergar Code of Conduct

Tergar International recently released a Code of Conduct to help guide our Tergar community. It asks us to engage others with kindness, respect, and integrity, and to bring awareness, compassion and a genuine sense of cooperation to our interactions with one another. It also includes guidelines for how to deal with ethical violations, should they occur within our community.

The Code of Conduct is available to read at tergar.org.



Group participation at the Joy of Living workshop in Mexico

Vajrayana Online Expands Access, and Courses

Since its launch, Vajrayana Online has developed into a rich and ever-expanding treasure trove of teachings. It is envisioned as a place where anyone who wants to go deeper in their exploration of Buddhist principles and practices is welcome, and as of this year, many courses are now open to anyone with the interest to join. The current course *Exploring Reality* dives deeper into the four main systems of Buddhist philosophy. Like all of Mingyur Rinpoche's teachings, the focus is on making these instructions relevant to our practice and our day-to-day experience. Previous courses are also available to be watched and studied at any time. Some areas are still subject to pre-requisites.

If you have any questions please email TLCsupport@tergar.org.



Joy of Living meditation session in Edinburgh, Scotland

Reflections from a first-time Joy of Living retreat participant

"I had no idea what to expect going to a retreat, and no idea that a place that peaceful existed in today's world. It was my first time being away from my three kids. The day after I got home from retreat my son was sick, and my husband totaled the car. I was able to deal with these two personal crises in a way I never thought I could. I didn't need any wine or Chinese food. I just needed to go back to the place I didn't know existed within myself before."

A New Tool to Track Your Practice Time

Over the years, Mingyur Rinpoche has given us a number of tools to help us develop a meditation habit in the midst of our busy lives. The new Tergar Meditation Tracker app is something we can add to our toolbox. "In the past," Rinpoche told a recent retreat audience, "you might have forgotten to write down the time you started to practice. And after a while, you forgot how much time you had practiced, and wondered whether you would have to do it all over again. But now, this app can help remind you." By working even when you don't have Internet, the Tergar app allows you to easily record all your practice sessions. Currently, it is offered in English, Spanish and Indonesian, with more languages and additional features coming soon.

The app is available for free download for mobile devices and can also be used online at app.tergar.org.

Parenting as a Path

Many parents ask, “How can I introduce my child to meditation?” One of the best ways is for parents themselves to practice. With this in mind, a new Tergar program for parents was piloted this year in two U.S. cities and received an excellent response. Mingyur Rinpoche recorded six new videos for the parent program, and the aspiration is to develop a full six-week course that could be offered in-person and online. There is a tremendous value in parent-practitioners being able to connect with each other, and Tergar hopes to launch the program sometime in 2019.



A behind-the-scenes look at the filming of new teaching videos

Updated Joy of Living Videos in the Works

In the midst of his teaching schedule, Mingyur Rinpoche took a break to film updated Joy of Living teachings. The videos feature a new look at familiar material, as well as new stories, and new jokes. The Tergar Translation Team is working now to have the newly updated *Calming the Mind: Joy of Living 1* available in at least three languages in 2019. New videos will eventually be part of all Joy of Living programs offered online and in-person. At the same time, an upgrade to Tergar online learning will support a higher number of live and on-demand courses. Soon, students will be able to begin a course at any time, and in the language they choose.



Rinpoche talks with children at the University of St. Thomas

New Book, New Teachings

Mingyur Rinpoche’s new book, *In Love with the World: A Monk’s Journey Through the Bardos of Living and Dying*, will be released May 7, 2019, and is now available for pre-order from your favorite book retailer. A book tour and teachings on the bardos, and death and dying by Mingyur Rinpoche are being planned for various locations around the world next summer. To accompany this material, Vajrayana Online is planning a multi-month course on the bardos teachings, expected to launch in late 2019. Updates will be posted on tergar.org.



Book-signing event in São Paulo, Brazil

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