

Newsletter

Dear friends and fellow meditators,

Earlier in the year, it became clear that the pandemic would disrupt our lives, but few of us could have imagined just how difficult this period would be. In times like this, the truth of impermanence is obvious. We don't need anyone to remind us that things change. Change is what we experience every single day. What we really need is support. We need people by our side, walking the path with us. We need friends to help us see that we have the strength and wisdom to deal with pain, loss, uncertainty, and upheaval.

This is what community offers. We make friends within a community, but community is much more than friendship. In community, our relationships are focused on a common perspective and a shared goal. Here in the Tergar community, the perspective we share is that every single one of us is fundamentally whole and good. The goal we share is the goal of awakening to our true nature of awareness, compassion, and wisdom.

We could follow the path of awakening by ourselves, but without community, we would miss so many opportunities to learn and grow, and to support others in doing the same. Our friendships, the time we spend together, our conversations... all of these bring us together around the common cause of awakening. In a world filled with distraction, community brings us back to what is truly meaningful. With so many things to provoke fear, anxiety, and anger, community reminds us of who we want to be and how we want to live our lives.

In some ways, connecting to other people is more difficult these days, but modern technology helps us feel connected in new ways. We can meditate with people on the other side of the planet. We can share our experience and form friendships with people we would never meet under normal circumstances. So while we may feel alone and disconnected at times, we are all co-creating this global community. In the months and years to come, I pray that



Mingyur Rinpoche in front of the green screen, preparing for streaming teachings during the Path of Liberation online retreat, August 2. Photo by Ngawang Thig Chok II.

we may all come together to support each other through these challenging times.

Sincerely,

Yongey Mingyur Rinpoche



Tergar[®]

Bringing Community Together in a Time of Isolation

Only eleven short months ago, Tergar Community members were excited for Mingyur Rinpoche's retreats in America and Scotland planned for June and July. However, that wouldn't last long as COVID-19 began spreading throughout the world, creating major disruptions in many countries. Then came the lockdowns, and countless people were suffering physically, mentally, financially, and socially. For Tergar, the response was an overwhelming desire to alleviate suffering within the community and world and support the Tergar Community in connecting despite social distancing and isolation.



"The Tergar community responded so quickly and with such depth to this change in our world. We are very grateful to have each other and the larger international community. My well being is so much better with the amazing response and support all of you have made available to us."
Tergar Student



"The streaming meditations help to anchor me in these turbulent times, which helps me to stay more present for my family and community. I do appreciate the lifeline. Thank you." Tergar Donor



"I'm grateful to Mingyur Rinpoche, the Tergar Community, and all the staff. At the onset of the pandemic, I became full of fear and anxiety about the situation. Although I'm still getting anxiety from time to time, I'm not always overwhelmed by it after joining the community and learning. I hope more people will be able to know Tergar and get some help from you." Tergar Student

Streamed Teachings and Practice

To promote calm and compassion and address common anxieties and specific issues of isolation, Tergar launched a series of online teachings and practice sessions. In addition to teachings by Mingyur Rinpoche and Tergar Instructors, online practice sessions with Tergar facilitators have proven quite popular.

TERGAR MEDITATION COMMUNITY YOUTUBE CHANNEL

MORE THAN **60**
MEDITATION TEACHING
AND PRACTICE SESSIONS

watched nearly
625 THOUSAND
TIMES

playing to more than

18 THOUSAND
SUBSCRIBERS

reaching **70** COUNTRIES
around the world

Some of the larger Tergar communities, such as Brazil, Paris, Mexico, and Moscow, also offer live-streamed meditation on YouTube, Facebook, Instagram, or other social media.

Tergar Practice Groups and Communities

Due to lingering uncertainty about COVID-19 community transmission, decisions about whether Tergar group in-person programming can resume are being made on a location by location basis, depending on local conditions and community interest. Check your [local group or community page](#) on the Tergar website for updates. On that page, you will also find a link to the Online Groups Practice Calendar, a listing of local Tergar Practice Groups and Communities meeting online, and inviting anyone who would like to join. There are more than seventy-five scheduled sessions at various times and in a variety of languages. Please join us!

ONLINE RETREATS WITH MINGYUR RINPOCHE

5 SEPARATE
RETREATS
OVER 18 FULL DAYS

ATTENDED BY MORE THAN
2,000 PEOPLE

from **56 COUNTRIES**

SPANNING MORE THAN **15** TIME
ZONES



"I am uplifted by the ability to feel so much a part of our living community even across so many times and places." Tergar Student



Sarah (far right) volunteering at a Tergar 2019 retreat, with Wendy (left) and Hui. Photo courtesy Wendy Ding.

Sarah's Story

Sarah lives in the Pacific Northwest USA and has been a Tergar student for over four years. Early this year, Sarah sent an email letting us know she had hoped to come to the retreat in June with Mingyur Rinpoche.

"But everything is impermanent. I came to Wuhan on January 15 to take care of my sick father. China closed Wuhan on January 23, and we have been stuck. We have been staying home for 36 days now. Fortunately, my family is safe here, and nobody caught the virus. But it is very sad and scary for lots of people. I feel so lucky that I know how the 'monkey mind' works, so I don't follow it. Also, I can help my family to go through this difficult time. At this point, I am glad that I am here to support them. I feel very calm and peaceful, doing practice for the people in Wuhan. Focusing on every moment, that is the one thing I can do."

Sarah remained in China for nearly six months and returned to the USA at the end of June.

"I helped my family go through a difficult time in Wuhan, and now it is time for me to spend time with my husband and go through a tough time here. It seems like the virus will stick with human beings for a while. So it is good to practice awareness all the time."

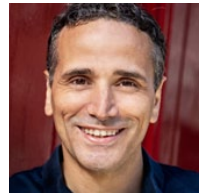
Tergar Welcomes Two New Board Members

Last year we [reported](#) on our goal of creating a more diverse, inclusive board of directors that better represents the global Tergar community. With the two new board members added in early September of this year, we are closer to that goal than ever. Eliza Cheung is a Hong-Kong based clinical psychologist specializing in disaster mental health. She has been studying with Mingyur Rinpoche since 2006, has been a facilitator with Tergar Asia, and currently sits on the Board of Directors of Tergar Asia. Khaldoun Shehadeh spent the past decade in various technology startup roles, such as Chief Financial Officer, founder, VC investor, angel, and mentor. Having lived in Europe, Africa, and the Middle East,

being born of mixed heritage parents and spending most of his life in international environments, Khaldoun is committed to promoting inclusive settings, appreciating differences, and celebrating people and cultures' uniqueness. Khaldoun is also one of the founders of the Tergar Den Haag practice group in the Netherlands. Welcome, Eliza and Khaldoun! Read more about the Tergar Board of Directors at tergar.org/about/board-of-directors.



Eliza Cheung



Khaldoun Shehadeh

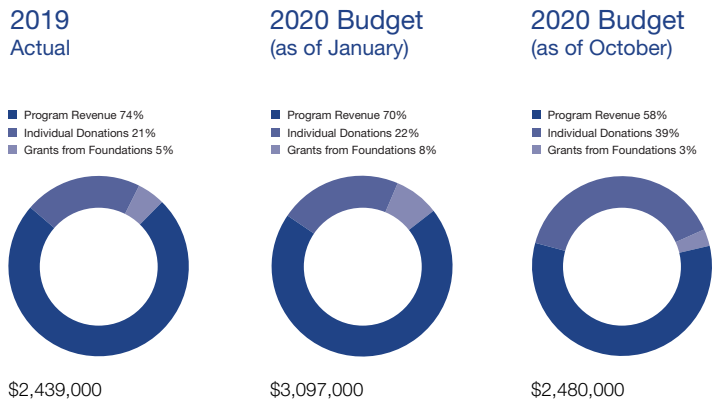
Tergar International Operating Budget

As a result of the coronavirus schedule disruptions and rapidly changing conditions, Tergar canceled the May 2020 Tergar Community Newsletter. We would have published our 2019 financial results in that issue, so we're providing that information now. After the cancellation of in-person events due to the pandemic, we needed to update our financial outlook for the year. You can see both our original and updated projections below. We are grateful for the support of the Tergar Community during this very challenging time.

View our charitable disclosure statements at tergar.org/charitable-solicitation-disclosure-statements/.

Read the Donor Bill of Rights at tergar.org/the-donor-bill-of-rights/.

Revenue



Expenses

