

Dear friends and fellow meditators,

When I was young, I was interested to know the source of my meditation teachings. Where did they come from? Who are the lineage holders they go back to?

My three-year retreat teacher, Saljay Rinpoche, a scholar and great meditator, always said that the truly vital practice is maintaining a motivation of love and compassion. He would quote *The Way of the Bodhisattva* whenever he taught about that. “What is *The Way of the Bodhisattva*?” I eventually asked. “It is one of the most powerful Buddhist texts, written in the 8th century by the great Indian master Shantideva,” he told me. “Next to the Buddha’s teachings,” Rinpoche continued, “this text is one of the best-known for transforming people’s minds, freeing beings from suffering, and gaining peace and benefit for others.” This is the text my teacher recommended.

The primary purpose of Tergar is to support one another in learning to strengthen awareness, compassion, and wisdom and embodying these qualities in our everyday lives. Through that, we can help others as much as we can. That is Tergar’s goal. This goal is why I want to bring the lineage teaching of *The Way of the Bodhisattva* to our whole Tergar community. As a community, we have built the foundation and essential practices of awareness, compassion, and wisdom, and we are now ready to go into this traditional, ancient practice. And because Shantideva illuminates the path of wisdom and compassion and how we practice it, even beginners can immediately benefit from the teachings.

The depth of the ancient wisdom contained in *The Way of the Bodhisattva* is still very much relevant today. I am excited about this opportunity to go deep into the practice with you over the next year, for our benefit and the benefit of many other people. I hope that together we will find renewed hope, courage, and compassion with the help of these profoundly valuable and relevant practices.



Mingyur Rinpoche exploring the forest near Moscow after the 2018 Path of Liberation retreat. Photo by Sergey Smirnov.

Yours in the Dharma,

Yongey Mingyur Rinpoche

Preserving and Transmitting the Experiential Lineage

For more than two thousand years, the most important teachings of the Buddhist tradition have been transmitted from teacher to student, first in ancient India, and later in Tibet. These transmissions are the beating heart of the path of awakening. They are the practical instructions that allow us to recognize our own basic goodness – our innate awareness, compassion, and wisdom – and to integrate these qualities with all the ups and downs of daily life.

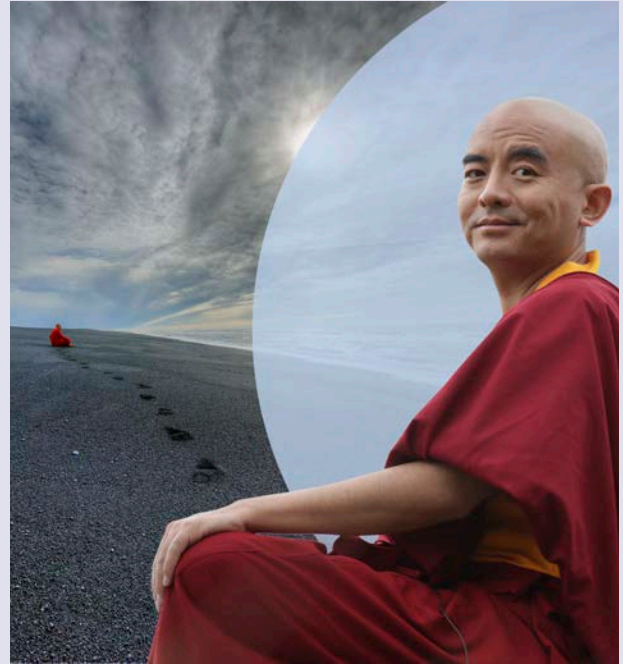
In the past, our ancestors had to cross over the Himalayas and make tremendous sacrifices to receive these teachings, but with modern technology, we can now access countless books, articles, apps, and online courses. In the past the problem was access, but now we have the opposite challenge: too much access. How do we make sense of all these teachings and instructions? How can we keep ourselves from getting overwhelmed by the supermarket of spiritual teachings and find a path that helps us to learn and grow?

What we need is a clear path forward.

Starting this year, Yongey Mingyur Rinpoche will be passing on the transmissions that he received from his own teachers to our community, in a format that offers a clear path to learn and apply what we learn in daily life. As support, we will have live retreats (virtual and in-person), in-depth online courses, and community-based programs.

In later years we will explore other key transmissions, from the powerful meditative practices of the Vajrayana, to the crucial instructions on non-dual, pure awareness found in the Mahamudra and Dzogchen lineages.

The step-by-step transmission of these teachings marks an important turning point for our community. Over the past decade, we have laid a strong foundation through our study and practice. Now we will build on it by receiving the most precious and profound teachings of the Tibetan tradition.



ENTERING THE WAY OF THE BODHISATTVA

July 1 – August 15

Entering the Way of the Bodhisattva: Essence Course (learning.tergar.org)

August 1 – 15

“The Heart of the Way of the Bodhisattva” retreat with Mingyur Rinpoche (events.tergar.org)

September 2021 – June 2022

Entering the Way of the Bodhisattva: Immersion Course (learning.tergar.org)

Concluding retreat dates to be announced

Translation Team Provides Expanded Access

Last year, due to its staff and dedicated volunteers' tireless efforts, the Tergar Translation Unit made significant progress in increasing language access for Tergar students. Managed by Tergar International's Ana Santoyo and Roberto Serrano Cuatlayol, the team of mostly volunteers includes fifteen coordinators and around 100 translators. Among their notable achievements in 2020 were 633 video subtitle files, more than 100 documents, and interpretation of live-streamed events into as many as 14 languages, including Arabic, Korean, Portuguese, and Dutch.

Having enough interpreters available for live-streamed events proved essential in 2020. As the pandemic spurred thousands of people worldwide to investigate meditation, Mingyur Rinpoche's teachings reached an unprecedented number of people from around the globe. We also saw the popularity of the Tergar Meditation App increase dramatically last year. These are two areas where the team plans to place more focus in 2021. As Roberto points out, the demand by people worldwide who want to receive the teachings far outnumbers the number of teachings available in languages other than English. "Our intention is to make Tergar a more authentically international organization," he said.

Volunteers are always welcome. If you are interested in giving time as a translator/interpreter, please email translation@tergar.org.

2020 Files Translated by Language

733 total files (video subtitles plus documents)

- French 15%
- German 24%
- Portuguese (Br) 14%
- Russian 10%
- Spanish 16%
- All Other 21%



IDEA Group Focuses on Diversity

Tergar has created a working group to foster a diverse and inclusive culture within the Tergar Community. Its primary objective, according to instructor Antonia Sumbundu, "is to find ways to represent and nourish our whole Tergar community, not only the dominant parts of it." IDEA stands for Inclusion, Diversity, Equity, and Access. It includes community volunteers from a broad range of countries.

The group hopes to help Tergar students access relevant resources, such as book clubs and study groups, and provide a framework to support challenging conversations about racism and bias. In the long term, we hope to achieve broader representation and diversity within the Tergar community in terms of country of origin, age, gender identity, physical ability, and so on.

There is no single answer to serving the needs of a wide variety of individuals within a global organization. IDEA is aware that it will take time to get a real sense of how the group can benefit everyone. "While we acknowledge the urgency of the subject, we respect its depth," said Antonia Sumbundu. "The intention is to bring compassion and wisdom to the process — to listen and reflect the whole community, not just the loudest voices. Our community is unique, so we have to find our own way with it."



Stories of Appreciation



"I met a meditation practitioner who noticed that I had anxiety and difficulty breathing. They asked me if I'd ever heard of Yongey Mingyur Rinpoche, who had personal experience with panic himself. I feel like I fell head over heels in love at my first 'Calming the Mind' workshop. The teachings act like a shock absorber for life."

– David, Tergar Chicago



"With the guidance of Rinpoche and the instructors, I came to understand the true meaning of patience. It is not, as I had assumed, a tense state of attempting to tolerate a situation, but rather to stay open to one's emotional responses and accept them. It leads to genuine compassion. The course deepened my perception of the world we live in."

– Irina, Tergar Moscow



"Thank you very much for giving me the great opportunity to take part in The Meditating Brain workshop. I learned a lot and it was very exciting, I appreciate the generosity of the Tergar team for giving me these opportunities, I hope to be able to pay for them one day. I send you a greeting from the heart."

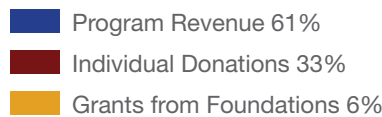
– Mateo (12 years old), Tergar Puebla

Tergar International Operating Budget

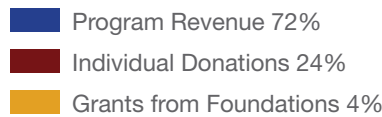
Operationally, 2020 ended up being a good year for Tergar International. We reached hundreds of thousands of people in a year of crisis. We significantly expanded our capacity to offer online events and programs. Our offerings were very well-received, and we ended the year with a surplus. On the other hand, it was also incredibly challenging in terms of staff capacity. To remain sustainable and meet Rinpoche's vision of reaching a broad audience and transmit the lineage to a growing community, Tergar plans to add approximately nine new staff members in 2021.

Revenue

2020 Actual \$2,937,000

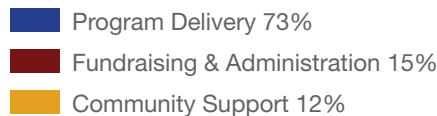


2021 Budget \$3,513,000

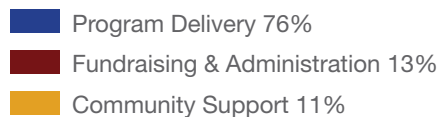


Expenses

2020 Actual \$2,269,000



2021 Budget \$3,608,000



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