

Dear friends and fellow meditators,

Around the world, people have a real thirst for meditation. Because there have been a lot of scientific studies, awareness of mental health and mental suffering has increased. The acceptance of meditation is expanding, but there is a downside to this popularity. Some people take one short class and start teaching meditation. Even if they have a good intention, they may accidentally feed aversion and craving by teaching their students to chase after peace and block disruptive thoughts. Our Buddhist lineage has more than 2,600 years of experience. We have beneficial meditation tools to offer, and people are interested to learn.

As the saying goes, give a hungry person barley, and they'll eat once, but teach them to plant barley, and they can eat every year. Spiritual generosity is like that: It helps people connect to their innate compassion and wisdom and help themselves. I spent decades learning by trial

and error to teach meditation in a simple way people can easily understand. The result is The Joy of Living program. Now, my teacher Tai Situ Rinpoche and Khandro Kunga Bhuma, the Dalai Lama's oracle, have encouraged me to help an even wider audience.

Within Tergar, we set a goal of helping 100,000 people to start a meditation practice over the next five years with an essential meditation program drawn from the Joy of Living. We will also offer training so a broader range of Tergar members can bring these vital practices to their communities.

It is not a simple task to expand our organization and our community. We can be sure that whatever we do, there will be benefits and obstacles. In either case, we will learn from it since both ups and downs can support our innate qualities of wisdom, love, and compassion.

Yours in the Dharma,



Yongey Mingyur Rinpoche



Mingyur Rinpoche behind the scenes during the Wisdom of Emotions online retreat.

“Spiritual generosity is like that: It helps people connect to their innate compassion and wisdom and help themselves.”

Tergar International Leadership Shifts

To support our collective well-being and build a solid foundation for Rinpoche's vision for the coming years, Tergar International (TI) is making adjustments to our organizational structure. The needs of our community have evolved, and the instructors who helped to found Tergar have moved closer to retirement. To ensure we remain well-positioned to steward Mingyur Rinpoche's teachings in the world, we recently made a few changes at the leadership team level.

Effective September 1, Myoshin Kelley, Antonia Sumbundu, and Tim Olmsted stepped down from their administrative roles within Tergar International, freeing them up to focus on instructing and advising the broader community. Edwin Kelley will continue to hold the Interim Chief Financial Officer title through next year, and Cortland Dahl will remain as Executive Director and board member. Joining Cortland and

Edwin on the new TI Leadership Team are Isboset Amador, Chief Product Officer, and Emilda Rahim, Chief Performance and Development Officer.

Over the past decade, Antonia, Myoshin, and Tim have devoted their lives to bringing Tergar to where it is today. Happily, now free of administrative duties, they will have more time and energy to advise, mentor, and teach. Their tremendous wisdom and experience will continue to guide many aspects of Tergar.



Tergar Instructors Tim Olmsted, Edwin Kelley, Myoshin Kelley, and Antonia Sumbundu, photo by Kevin Sturm, 2018.



"I've been doing my best to meditate for years. Tried many methods, also paid for some. The universe put this wonderful being and his teachings in my path a couple of months ago. I now look forward to practicing meditation. Mingyur Rinpoche simplifies everything, which makes meditation feel so easy. Thank you so much for this upload."

– YouTube commenter



"I'm navigating my post-cancer experience, and working through post-traumatic stress disorder. Mingyur Rinpoche's teachings have really helped me find a way through, back to basics. His humor and silliness are brilliant — I love it when we don't take ourselves so seriously! It gives me the courage to pursue next steps."

– Online retreat participant

New Role Created for Responsible Stewardship



Emilda Rahim, Chief
Performance and
Development Officer

Tergar International is in a new phase of growth. New training programs, practice resources, and curriculum are being developed as part of the framework to support that growth. To remain balanced during this expansion, Tergar International created the role of Chief Performance and Development Officer. The first to hold the position is Emilda Rahim of the Netherlands, a longtime student of Mingyur Rinpoche and Tergar volunteer.

“Tergar has to be able to deliver Rinpoche’s vision of bringing the teachings to a broader audience responsibly and sustainably,” explains Emilda. “Responsible means retaining the standard and quality of the teachings, staying true to the identity and values of Tergar. And sustainability means managing our resources as efficiently as possible.”

The responsibilities of the title are complex, ranging from Fundraising and Human Resources to training and supporting the broader Tergar community, which is spread across every continent but Antarctica. The aim is to create an environment where Tergar staff and the community thrive and are supported in their meditation practice.

Fulfilling Rinpoche’s aspiration to support 100,000 new meditators in five years calls for sudden, rapid growth. Emilda recognizes even good change can be difficult. “We’re trying to make swift decisions, some of which are very important for Tergar’s future. It’s not an easy journey for anyone, but we are doing our very best to make adjustments smoothly for all involved. Above all, we are excited and focused about delivering Rinpoche’s vision.”



Meditation at Joy of Living retreat St. Paul Minnesota 2018.
Photo by Kevin Sturm.

Tergar’s **CORE PURPOSE** is to empower people to live with boundless awareness, compassion, and wisdom.

Our **GOAL** is to help 100,000 people form a regular meditation practice in the next five years.



“I really appreciate that Tergar encourages community-building. Where I practiced before, the teachers were exceptional, but there was, at least for me, no sense of community. With Tergar I have found a very open and supportive community. This has really helped me.”

– Joy of Living student

Ann's Story



I live in the USA, where the political and climate-related chaos sometimes makes me feel desperate for refuge. After a friend introduced me to Mingyur Rinpoche's video and books, I was inspired. I took the Joy of Living 1 course. But I found it difficult to sustain a meditation practice on my own. Then came the pandemic. Looking for group support on the Tergar website, my eye was drawn to Tergar Brussels,

and for some reason, I felt a connection. During the lockdown, there was a stretch of time when I felt I literally could not see what was outside my door. There's a hill outside my home obstructing my view, and it sometimes seemed that my universe ended right at that hill. But once I joined the Tergar Brussels community, it gave me a view out into the world. Knowing that there were other people out there practicing, caring about others, made all the difference for me. I could see over the hill! By now, I can't imagine not being a part of the Brussels group – I trust them with my heart. I feel that way about Tergar in general. When there

were catastrophic floods in Brussels at the same as wildfires were raging in my home state of California, I was heartened by knowing that through meditation, I could look at myself and see what it is in me that needs to change, and in this way, make a difference, and be of some help amidst the chaos and devastation that's happening in the world.

Connect with a Tergar Group Online



Nearly all Tergar groups offer an online option. From Toronto to Lisbon to Kathmandu, Tergar groups are welcoming new participants. Visit tergar.org/communities to find a local group or view the global online calendar. Up to nine sessions are happening each day, including Joy of Living groups, book clubs, and other practice sessions.

¡hola tergar!

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- Level 1 available online -
aprende.tergar.org