

## Dear friends and fellow meditators,

What's the real point of meditation? Why should we make time for meditation when there are so many problems in the world that need our attention?

Most of us think the “real” meditation happens during formal sitting practice. We believe we’re “doing it” when we finally get our mind to settle down a bit and can follow our breath for more than a few seconds at a time. But following the breath – or any other meditation practice for that matter – is just a technique.

All the techniques and skills we develop will not make the least bit of difference if we do not apply them in everyday life. Those few minutes of meditation in the morning are meant to help us be fully present for the people we genuinely care about. When we set a caring motivation for our meditation session, we’re learning to infuse everything we do with compassion. Examining the endless stream of thoughts and emotions that fill our minds helps us see things more clearly in those moments when we are reactive and need some perspective.

These are the changes we start to see when we apply meditation in everyday life, but this is just the beginning. In the same way that we bring meditation off our cushion and into the rest of our lives, we can also extend our practice in new directions by bringing more wisdom and compassion into the world.

We all have our struggles and suffering, but the world is hurting right now as well. The climate is out of balance, driven by the limitless desires of humans. We have deep divisions among races and cultures, and anxiety and depression are now reaching crisis levels.

When we sit down to meditate, we are not only practicing for ourselves. We’re practicing for the entire planet, or as we Buddhists are fond of saying, “for all sentient beings.”

Applying our meditation practice in the mundane moments of everyday life is where the real transformation happens. This is our path and our greatest gift to the world.



Yongey Mingyur Rinpoche



**“When we set a caring motivation for our meditation session, we’re learning to infuse everything we do with compassion.”**



## New Joy of Living Program Supports Guided Learning and Daily Application

**More than a decade after its debut, the Joy of Living has been relaunched!**

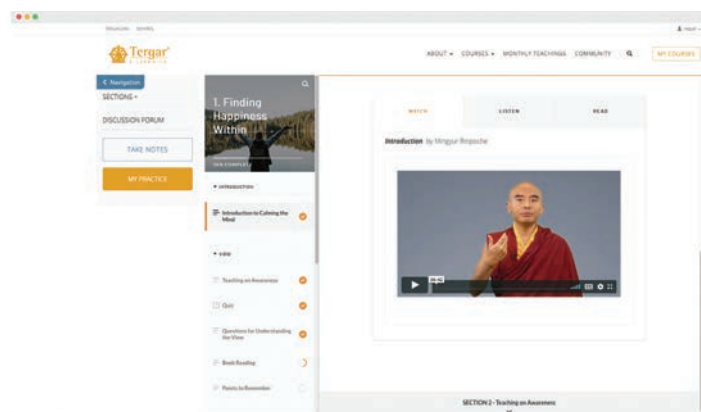
### New Online Joy of Living Training

On October 15, 2019, Tergar Learning Community launched the newly re-imagined “Calming the Mind: Joy of Living Level 1” online program. The new three-course level is available anytime--you don’t have to wait for an “upcoming course”--and anywhere you are with an Internet connection.

Since leaving his wandering retreat in 2015, Mingyur Rinpoche has put a lot of emphasis on making this profound practice easy and accessible for everyone. These new teachings reflect the knowledge gathered from over a decade of interacting with thousands of students around the world. The result is a program that is less about teaching you meditation and more about helping you become a meditator.

The Joy of Living training is now presented in a more interactive, responsive, and engaging format, with newly-filmed teaching videos by Mingyur Rinpoche, new guided meditations, and other enhancements. The course pages and videos feature drawings and animations by award-winning illustrator Yawen Zheng, a member of our Tergar community who some of you might have met at a Tergar event over the past several years. This fresh learning experience and refined tools have been designed to make meditation a daily habit in your life and the lives of others.

*“The animations are just perfect for these teachings. This morning I was doing my meditation, and my monkey mind was well active, working very hard to take me all over the place. Suddenly, the animated monkey from the teaching video showed up. As a result, I had a joyful meditation. Thanks, and congratulations on the upgrade.”*



The online Joy of Living training features a fresh new format that makes it easy to follow and to track your progress.

Thanks to the support of the Tergar community, we can offer an introductory subscription rate of \$25 per month. For those who need it, a financial assistance rate is available. If you want to help Tergar make this training available to as many as possible, a sponsorship rate of \$35 a month is an option. As new levels and courses are added, your subscription will give you access to all the material, working at your own pace. Level 1 Module 2 will be available sometime in January 2020, and Module 3 in March. The three modules of Level 2 (Opening the Heart) will be available starting May 2020, and Level 3 (Awakening Wisdom) will roll out in about a year.

Currently, the online Joy of Living training is available in English only, but other languages are in development. The Spanish version is expected to be launched in 2020, with German and Russian sometime after that. Additional languages are planned to be added over time, to reach as many students as possible.

Learn more about the current online training at [tergar.org/joy](https://tergar.org/joy).

### Joy of Living Workshops Also Getting a Refresh

Tergar is also introducing the new teaching videos and a fresh way of working with the Joy of Living material during in-person workshops. Studies show learning is more profound and transformational when the subject matter worked with



is presented relationally and experientially. By integrating experiences with concepts, and then reflecting on the outcome, participants engage more regions of their brain and make authentic, personal connections with the teachings. Plus, engaging in communal exercises makes the workshops more fun!

*“I liked how the course was broken up into sections of video, practice, and discussion. The content was exciting and the instructors were amazing!”*

We are introducing the new workshop format at a few Calming the Mind programs in select cities this year. Early survey results show that participants valued the enhanced workshop configuration. The majority of those who had attended a Joy of Living workshop in the past said they like the new format better. This refreshed workshop structure will roll out to the rest of the world over the coming year.

*“The shorter video content was great - and I appreciated the nice mix of learning experiences and interaction. The pacing and variety were really well-thought-out.”*



Mingyur Rinpoche leading Matthieu Ricard and a Paris book talk audience in an exercise on awareness of body sensation, September 2019. Photo: Olivier Adam | Tergar



Mingyur Rinpoche has been adding more experiential elements to his own teachings, such as this small group sharing during the 2019 Joy of Living retreat in Saint Paul, Minnesota. Photo: Wasfia Nasreen | Tergar

## An Interdependent Effort

We want to express immense gratitude to Yongey Mingyur Rinpoche, to the generous donors who support Tergar activities, to the Tergar students and volunteers, to all those people around the world who participated in Joy of Living workshops and online courses, whose engagement enriched this new training, to Tergar staff, the five instructors and thirty-six facilitators, the various beta testers, and to all who--in many different ways--make it possible to share these transformational teachings with so many people.

for more information, visit [tergar.org](http://tergar.org)

## The Tergar International Board of Directors Welcomes Two New Members

This August, Tergar welcomed two new members to its board of directors, Dinara Toktosunova and Rasmus Hougaard. Both bring a wealth of experience and skill to our organization, and deep commitment to Rinpoche's vision and the Tergar mission. Dinara is based in Germany and Russia and is one of the leaders of Tergar Moscow. She works in global news and multimedia. Rasmus splits his time between Denmark and New York. He has considerable experience with dharma organizations, including as a teacher and board member for the Foundation for the Preservation



Rasmus Hougaard

of the Mahayana Tradition (FPMT), one of the largest such organizations in the world. He also founded the Potential Project, a worldwide mindful-leadership consulting agency. We are deeply honored that Dinara and Rasmus have chosen to accept our offer to join the Tergar International Board.

The addition of these two new board members brings us one big step closer to a more diverse, inclusive board that better represents our global community. When Tergar first formed, our entire board lived in the Minneapolis, Minnesota area. Now half of the Tergar International Board resides in



Dinara Toktosunova

countries outside the United States. An equal number of men and women serve on the board today, and there is greater racial diversity as well. We still have some steps to take toward a fuller representation of the Tergar community around the globe but are pleased to be moving in the right direction.

## Supporting the Queer and LGBT Members of Tergar Meditation Community

In June of this year, a small group of community members sat down with Mingyur Rinpoche to discuss the experience of people who are lesbian, gay, bisexual, transgender (LGBT) and queer. The group primarily focused on ways in which Tergar could do more to embrace and support meditators from those communities. Rinpoche was very receptive to the topic. He pointed out that there have been openly gay and lesbian students around him for as long as he has been teaching, long before Tergar existed. Rinpoche encouraged the group to take up the work of making Tergar even more inclusive and supportive for queer and LGBT meditators. Everyone at the meeting felt that the most effective first-step would be to build more significant connections and visibility of queer and LGBT people across all of Tergar. If you want to be a part of this conversation, please let us know at [queerorganizers@tergar.org](mailto:queerorganizers@tergar.org).

## Tergar 2020 Summer Retreats with Mingyur Rinpoche

### North America (Saint Paul, Minnesota)

Joy of Living Retreat:

May 30 through June 4, 2020

Path of Liberation Transmissions 1 through 4:

June 4 through June 10, 2020

Path of Liberation Levels 3 and 4 Deepening Retreat:

June 10 through 14, 2020

Path of Liberation White Tara Retreat:

June 14 through 17, 2020

### Europe (Perth, Scotland)

Joy of Living Retreat:

July 14 through July 19, 2020

Path of Liberation Transmissions 1 and 2:

July 19 through 24, 2020

Path of Liberation Transmissions 3 and 4:

July 24 through 29, 2020

Path of Liberation White Tara Retreat:

July 29 through August 1, 2020

Registration is expected to open in early 2020. Please check [tergar.org/schedule](http://tergar.org/schedule) for updates to Rinpoche's teaching schedule and links to registration.