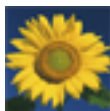


Special Announcements Issue

Volume 10, Number 7 / July 2010

[View Full Issue](#)



A Note From the Editors

A Few Visual Treats

Hello readers,

New in this issue are three slideshows for you to enjoy. With contributions by three photographers in the sangha — Regi Franz, Mary Ellen McCourt, and Bob Schoenholtz — and the computer know-how of Dave Liden, we are happy to present you with quite a picture-filled issue! Don't miss the YouTube video at the end of the first article, as well.

All the best,
Aline and Jeff Fisher



Invitation: Consecration of the Great Stupa

Please Join Us This November and December

Dear friends:

In the name of Garuda Mexico I am pleased to invite all members of the Bon worldwide sangha to celebrate the Internal Consecration of the Great Stupa for World Peace. We would be very pleased if all [More >](#)



Summer Festivities at Serenity Ridge

Photos of the 2010 Summer Auction

The 2010 Annual Summer Auction began in mid-afternoon on July 9. The rhythm of bidding was easily established as each item offered found a new [More >](#)



Ancient Teachings, Modern Technology

Tenzin Wangyal Rinpoche Taps Into the Internet to Transform Lives

By Bob and Marina Felix

The Tibetan Buddhist teachings today are touching hearts and minds in every recess of the globe. This is not just because [More >](#)



Photo Gallery

Honoring the Birthday of His Holiness the Dalai Lama

On July 6 Geshe Tenzin Wangyal Rinpoche led summer retreatants and visitors at Serenity Ridge in honoring the 75th birthday of His Holiness the Dalai Lama. The ceremony included a *sang chod*

(smoke offering), the offering of khatas, recitation of long-life prayers, and the raising of prayer flags.

[Enjoy this slideshow of photographs taken during this special day of celebration and prayer >](#)

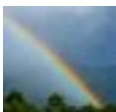


Volunteer Spotlight

An Interview with Tharina Crafford

Tharina Crafford of South Africa has been staying at Serenity Ridge for the past several months doing volunteer work, while providing for her own personal upkeep. Sue Davis-Dill interviewed her on June 25, 2010, for Voice of Clear Light.

VOCL: I recall you sending an email to Tenzin Rinpoche last year offering to come to Serenity Ridge as [More >](#)



Sangha Sharing

‘Just a Walk’

Friday, July 2, 3 p.m., Old Croton Dam, New York. Words and photographs by M.E. McCourt

I took a walk today. It was on my favorite path . . . because it is so ordinary . . . just a forest walk

... [More >](#)



Simultaneous Translation of Webcasts

A Letter From Lourdes Hinojosa

Just as many other times, it all began with a dream. I believe that when we have a strong connection to the Teacher and the Refuge Tree, we open to their compassionate [More >](#)



Upcoming Retreats

Ligmincha's Serenity Ridge Retreat Center

The retreats described below will take place at Serenity Ridge, Ligmincha Institute's retreat center in Nelson County, Va. To register or for more information, click on the links below, or contact us at Ligmincha@aol.com or 434-263-6304.

Oct. 2, 2010

New Directions in the Dialogue Between Buddhism and Science

A One-Day Workshop With Tenzin Wangyal Rinpoche and Presenters From the University of Virginia

Researchers from the Division of Perceptual Studies within the Department of Psychiatry and Neurobehavioral Sciences of UVA will share their findings related to core elements of the Buddhist teachings, including the belief in rebirth. Tenzin Wangyal Rinpoche will participate in the dialogue and guide meditation practices.

[More information/register online >](#)

Oct. 6-10, 2010

Sleep of Clear Light: The Practice of Sleep Yoga

With Geshe Tenzin Wangyal Rinpoche

Centuries ago, Tibetan yogis developed the practice of sleep yoga to transform these dark hours of ignorance into a path toward enlightenment. A powerful tool for awakening, sleep yoga is more than a practice of the night. It helps us to integrate all moments — waking, sleeping, meditation, and even death — with the clear light of awareness. During this intensive five-day retreat, Geshe Tenzin Wangyal Rinpoche will teach and guide us in the clear-light sleep practices of the Mother Tantra, one of the most important cycles of teachings in the Tibetan Bon Buddhist tradition.

[New: Extend your stay >](#)

[Learn more or register >](#)

Oct. 10, 2010, 12 noon - 1:15 p.m. Eastern Time U.S. (New York time)

Live Internet Broadcast

Guided Dzogchen Practice With Geshe Tenzin Wangyal Rinpoche

For our Internet audience only.

[More information >](#)

[Enter the broadcast site >](#)

Oct. 12, 2010, 7:00 – 8:30 p.m. Eastern Time U.S. (New York time)

Live Internet Broadcast

‘The Power of Openness,’ With Geshe Tenzin Wangyal Rinpoche

This will be a live Webcast of a free public talk in Charlottesville, Va., offered in partnership with Unity Church.

[More information >](#)

[Enter the broadcast site >](#)

Nov. 3 - 7, 2010

Tibetan Yoga, Part 2: *Trul Khor* Training From the *Zhang Zhung Nyen Gyu*

With Alejandro Chaoul-Reich

The contemplative movements of Tibetan Yoga (*trul khor*) enable us to enter all three doors of body, energy and mind through a single practice, offering a powerful, skillful means for clearing the obstacles and obscurations to openness and clarity in meditation practice. Open to students who have received the Part 1 teachings of

Trul Khor

(

Zhang Zhung Nyen Gyu

) since Jan. 1, 2000.

[Learn more or register >](#)

Dec. 27, 2010 - Jan. 1, 2011

Dzogchen: The View, Meditation, Behavior, and Result

The Experiential Transmission of Zhang Zhung, Part 3

With Tenzin Wangyal Rinpoche

The Experiential Transmission of the Zhang Zhung Masters is the centerpiece of Geshe Tenzin Wangyal Rinpoche's dzogchen teachings and is presented at Serenity Ridge each year at our winter retreat. *Prerequisite:* Practitioners who have already received the Part 2 or higher-level teachings in a previous cycle of Chag Tri teachings are warmly invited to attend this retreat.

[Learn more or register >](#)

New: Extend your stay! You may stay up to three days after the winter retreat for personal retreat time. For more information or to register for an extended stay, contact the Ligmincha office at ligmincha@aol.com or 434-263-6304

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please contact us at gmincha@aol.com [Li](#)

gmincha@aol.com

or 434-263-6304, or go to:

<https://www.ligmincha.org/retreats/retreats.html>