

## Teaching Issue

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### Letter from the Editors

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#### Happy Losar! Tashi Delek!

Dear Friends,

We celebrate the Tibetan New Year this month with gratefulness and prayer. And we are excited to note that this year is the 20th anniversary of Ligmincha Institute!

This issue of *Voice of Clear Light* includes an excerpt from Rinpoche's moving Jan. 1, 2012, webcast with advice for the new year. In "Sangha Sharing," Lourdes Hinojosa talks about her live translation of Rinpoche's webcast teachings into Spanish. A slideshow features photos from Rinpoche's recent travels and retreats in Columbia, Chile, Peru and Virginia. The issue also includes an announcement of a paid position available at Ligmincha, as well as highlights of some exciting upcoming events.

Some signs of the great energy being generated this anniversary year are the many wonderful new retreats and events coming up at Ligmincha! See the listing of retreats at Serenity Ridge [in this issue](#).

. For local events you can [visit Ligmincha's website](#)

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Take note of these special events:

- **Losar (Tibetan New Year).** On Saturday, Feb. 25, we celebrate Tibetan New Year at Serenity Ridge with a one-day event with Geshe Tenzin Wangyal Rinpoche. From 10–11 a.m., Rinpoche will lead prayers in the gompa; from 11 a.m.–12 noon, we will raise prayer flags (available for purchase in our store from 9:15–9:45 a.m.); and at noon we will celebrate with a potluck lunch in the dining room. The Year of the Water Dragon began Feb. 22, 2012. Happy Losar and Tashi Delek (blessings and good luck)!

- **Geshe Tenzin Drukdak's visit to Ligmincha.** Geshe Drukdak, a Bon Buddhist scholar from Kham, Tibet, is with us with us off and on through the end of March. He is available by appointment for consultations and rituals. On

#### **Saturday, March 17**

, from 10 a.m.– 4 p.m., Geshe Drukdak will teach us how to create a wealth vase and will perform an associated prosperity ritual (details to come).

[Learn more](#)

You can join us from anywhere by Internet for Tenzin Rinpoche's **brand-new four-week interactive online course in Dream Yoga that begins March 3.**

Also,

#### **Live webcasts in April**

will be broadcast for the first time from the teaching hall at Serenity Ridge, as well as during a free public talk in Charlottesville. Details about these teachings and other special online offerings are

[in this issue](#)

In Bon,

Aline and Jeff Fisher



## Words of Advice for the New Year

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### An Edited Excerpt from Geshe Tenzin Wangyal Rinpoche's Jan. 1 Webcast

For this new year, recognize that human life is very, very precious. And if you look at your own lives, each one is very precious. In the teachings we also say that human life is very precious. Indeed, it's true. Sometimes it feels sad to see how we waste this precious life, this precious gift we have.

One strong way we waste our precious life is through worrying. It does not make any sense to worry as much as we do. Sometimes if you look with a calm mind, a more open, clear mind, you can see that of course there's no reason to worry. Worry is not some true situation that needs to be changed in reality—worry is like an addiction. If it's not topic number one, we will be worrying about topic number two. If one is more conscious about that, then I think we will begin to not waste our lives worrying.

We can also waste our precious lives by getting caught up in conflicts. Of course it's natural for human beings to get into conflicts—between nations, or within the community or in family or other personal relationships. But these conflicts are meant to be resolved quickly, rather than our getting caught up in them and going deep inside them. You can see how much energy you lose, how much energy you make others lose and how much energy we collectively lose together. All of those energies can be used to serve other human beings as well as to enhance your own life. If you're not doing anything in particular, then that time can be used just to be in peace: to feel that beautiful silence that we have access to in every moment, the deep stillness that can nourish us, the warmth we all have in our hearts and between two people. This warmth not only heals your own sickness, your own pain; it can also help heal the collective pain. Even if someone is creating conflict, you can choose not to contribute. With that warmth, you can give some opportunity to overcome that conflict by not participating.

In this new year, just see how you can avoid wasting your time, how you can avoid wasting your energy. Throughout the year, think about this precious life and what you want to do with it, how you want to generate a sense of peace within yourself. Give attention to your health and well-being, to your family and friends, to the world and the community that of you are a part of, to the kind of benefit you can bring in a collective sense. Each one of us is in a position to do

something that no one else can do. There's some specific gift that you have, that you can provide to help others and yourself. Find out what those things are, because there is no one else in the world who is in a position to do that. You are the only one. So be aware, be awake. Take some initiative to do those things for the welfare of yourself and others.

[View the full webcast](#)

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## Happy Tibetan New Year!

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### A Message From Tenzin Wangyal Rinpoche (Plus Celebratory Photos)



Rinpoche with Tsering, a young friend and Senghe  
Happy Losar! In this Year of the Water Dragon,  
may all the outer, inner and secret obstacles  
of the past be cleared!

May this New Year bring health, prosperity  
and happiness to all of you, and to the  
whole world!

With all my prayers and blessings,

Tenzin Wangyal Rinpoche

***Photographs of Losar Celebrations on Facebook:***

- [Making Tibetan pastries, photos by Kim Cary](#)
  - [Losar celebrations at the home of Geshe Tenzin Wangyal Rinpoche and Khandro Tsing Wangmo](#)
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**Sangha Sharing**

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**Lourdes Hinojosa on Translating for Rinpoche**



*Sangha member Lourdes Hinojosa, a longtime student from Mexico, has for many years done simultaneous translation of the teachings at Serenity Ridge. Recently, she began translating Tenzin Wangyal Rinpoche's live webcasts into Spanish. The recent January webcast also was translated simultaneously into French by Dominique Monchardé. We thank them for this great offering. Rinpoche encourages others to pursue the goal of simultaneously translating the live webcasts into their own languages.*

*In sharing her personal experience of translating for Rinpoche in this issue, Lourdes gave us the idea of inviting YOU to share some of your stories of connection to Rinpoche in VOCL. We all have so many gifts that we are thankful for through our connection to Tenzin Wangyal Rinpoche and the Bon tradition. We welcome your voice in this year of celebration! [Please email us](#) (Aline and Jeff Fisher) with your story, poetry and pictures as we mark this beautiful and powerful year for all of us.*

*Lourdes writes:*

**Ever since I met Rinpoche,** back in 1999, I felt a strong inner calling to help make everyone around him understand what he was saying—his words, the precious Bon Buddhist teachings, his message always full of insight and understanding of our Western ways.

The live simultaneous translation process began eight years ago at Ligmincha Institute. I was deeply moved by Patricia, a sangha member from Mexico who always attended the summer

retreat and sat in the first row. Back then, she couldn't speak any English at all. She just sat there, full of devotion toward Rinpoche and receiving the blessings of being close to her teacher. In the gompa, as I listened to Rinpoche's teachings, I said to myself, "It is inconceivable that she is sitting right in front of him and cannot understand a word. She must receive the precious teachings in her own language!"

Then, out of the generosity of several sangha members, we acquired our first simultaneous translation set, even though it was second-hand. (Later on, a brand new set arrived.) It was like a miracle for our Spanish-speaking sangha members. Others began attending the summer retreat and other special retreats now that translation was available.

Years went by, and Rinpoche, always expanding his energy and wisdom for the benefit of others, started his series of webcasts. It immediately came to my mind: "This can also be translated, and many more people will receive Rinpoche's teachings and guidance in their own language!" So I opened an account on [Justin.tv](#) and figured out how webcast viewers could both see Rinpoche's live image and at the same time listen to his teachings in Spanish. I came up with the idea of using two computers: one transmitting Rinpoche's live image with earplugs hooked in, and the other receiving the image with microphone plugged in.

And it worked! I let all Mexican sangha members know about this. We began to gather at all Bon centers throughout Mexico to watch and listen to the webcasts together as a sangha. From one single computer, many could receive the teachings and practice together. Word started to spread and many others, including friends and family, also began to benefit from these translated webcasts.

Whenever Rinpoche recites mantras and prayers or gives transmissions during webcasts, I unplug my earplugs so the sound of his voice can be heard during the Spanish transmission of the webcast. In that way, nothing is missing.

To have the best quality video while at the same time listening to the webcast in Spanish, viewers can open two sites—the Ustream site with the original webcast for video only (with the sound cancelled) and the Justin.tv site (with sound fully open but the image minimized, just to listen to Rinpoche's words in Spanish).

So far, there have been 14 videos with more than 17,016 web hits, including many regular followers. The videos remain available for anyone wanting to watch and listen to Rinpoche's webcasts in Spanish.

I feel deep love and gratitude toward my root lama, Tenzin Wangyal Rinpoche. It gives me profound joy and satisfaction, and a sense of purpose, to able to help him get his message through to many Spanish-speaking people.

To view the recent webcast in English, Spanish, or French:

- [In English](#)
  - [In Spanish](#)
  - In French (meditation only):  
[Part 1](#)  
[Part 2](#)
- 



## New Online Offerings!

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**Don't Miss These Upcoming Webcasts, Workshop, Radio Interview**



[See for yourself here.](#)



## Pictures from Rinpoche's Latest Retreats and Travels

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**Enjoy the Slideshow!**

Click on a photograph to begin.











## Update on Registration for Third International Lishu Retreat

### Registrations Will Be Accepted Beginning Feb. 27, 2012

The Third International Lishu Retreat will be held from Oct. 13 through Nov. 9, 2012, near Dehradun, India. You are invited to join us for two to four weeks of study and practice. His Holiness Lungtok Tenpai Nyima Rinpoche, spiritual head of the Tibetan Bon Buddhist tradition; Geshe Tenzin Wangyal Rinpoche, spiritual director of Ligmincha Institute; and other respected Bon teachers will be among those officiating. This retreat is open to both beginners and experienced students.

[Learn more](#)

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## New Position Available at Ligmincha

### Retreat Center Maintenance Technician

We are now accepting resumes for the position of Retreat Center Maintenance Technician for Ligmincha Institute's Serenity Ridge Retreat Center in Shipman, Va., 30 minutes south of Charlottesville. Tasks will include work in electrical repairs, plumbing, carpentry, masonry, painting repairs and other general maintenance; landscaping and grounds maintenance; and supervision of subcontractors when needed. Position requires being onsite for all events, assisting in welcoming retreat center visitors and serving as liaison for volunteer workers. This is an ideal situation for a couple who could co-manage these responsibilities. Candidate(s) must have relevant experience and skills. Position is for three years. Includes stipend plus free onsite housing at our rural hilltop center; seasonal use of swimming pool; and free registration for some retreats. Ligmincha Institute is a drug-free workplace and equal opportunity employer.

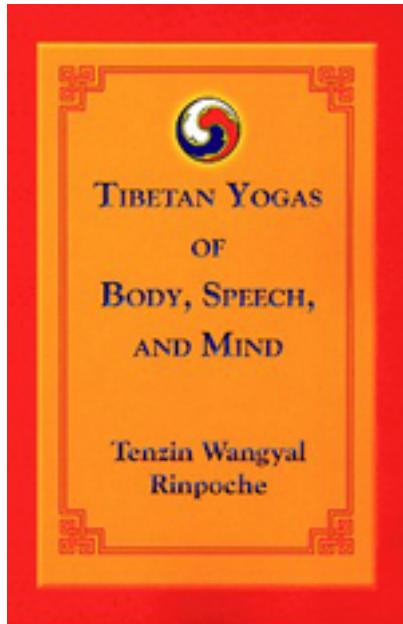
Please send inquiries and resumes to Ligmincha [by email](#).



## A Question for Rinpoche

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### Easing Into Spaciousness



In January, *Tricycle Magazine* invited Tenzin Wangyal Rinpoche to host a monthlong book club discussion group on

*Tricycle's* website related to his latest book,

[\*Tibetan Yogas of Body, Speech and Mind\*](#)

. The workshop is over, but you can view the  
Qs and As and listen to a related audio interview  
[here](#)

During the discussion, a student asked this question of Rinpoche:

**Q: How can one become more comfortable with a sense of spaciousness during meditation practice?**

**A:** Generally speaking, experiences of space and openness can be very empowering and strengthening for some people. For others, these experiences can be very comforting, peaceful and blissful. For still others, connecting with a sense of spaciousness can feel threatening at times, because it requires letting go of the pain body, of one's limited, conditional identity. During meditation practice you can ease this discomfort by progressively letting go of things, allowing yourself to connect and find comfort with whatever small amount of spaciousness you are experiencing, so you are gradually opening to the space, rather than immediately going fully into it.

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## **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 [registration@ligmincha.org](mailto:registration@ligmincha.org) or 434-263-6304.

**March 23–25, 2012**

**Healing Through Love and Wisdom**

**The Practice of Sherap Chamma, With Marcy Vaughn**

Learn and engage in a beautiful and simple meditation practice that guides you to deeply connect with your innate wisdom and the love and compassion that naturally radiate from that wisdom. This retreat is open to both beginners and experienced meditators.

[Learn more or register](#)

**April 11–15, 2012**

## Bring Your Life Into Bloom

### Exploring the Creative Process With Geshe Tenzin Wangyal Rinpoche

Join us for a unique opportunity to free yourself from creative obstacles, nurture your capacity for joyful self-expression, and make positive changes in your life. *Special update for our Internet audience:*

Saturday, April 14,

from 4:30–6 p.m. Eastern Daylight Saving Time U.S. (New York time) Rinpoche's teachings will be [broadcast live from the teaching hall](#)

[Learn more or register for this retreat](#)

**May 5–9, 2012**

### Soul and Life-Force Retrieval Training

#### Two-Year-Certificate Program

#### Session 1: With Geshe Nyima Kunchap

This unique program, offered in four five-day sessions in the spring and fall of 2012 and 2013 at Serenity Ridge, will provide the in-depth knowledge and experience needed to perform the Bon Buddhist practice of soul and life-force retrieval for oneself or—with the instructor's permission—for others. Early applications are encouraged.

[Learn more or apply](#)

**June 10–23, 2012**

### Annual Summer Work Retreat

#### ***Free of charge***

You may arrive as early as June 10, 2012, to participate in the Summer Work Retreat, which will take place from June 10 through 23. The work retreat is free of charge. Whether you join us for one afternoon, one week or the entire two weeks, this is a wonderful time to share with sangha and to be of joyful service. Our work retreat includes vigorous work periods, daily meditation practice and ample time for a swim in the pool or a walk along the Rockfish River. Participants are provided with free air-conditioned accommodations in Garuda House and free meals. For those who participate in one full week, there will be a 50 percent discount on the registration fee for one week of the summer retreat. If you participate in both full weeks of the work retreat, there will be a 50 percent discount on the registration fee for two weeks of the summer retreat. To register for the Work Retreat, [email us](#) or call 434-263-6304.

**June 24– July 14, 2012**

**A View From the Heart: Purifying Your Vision Through the Practice of the Six Lamps  
(Part 2)**

**□ 20th Annual Summer Retreat / 20th Anniversary Celebration!**

**With Tenzin Wangyal Rinpoche**

Registration is now open for the 20th Annual Summer Retreat and 20th Anniversary Celebration! Come for one, two or all three weeks. No prerequisite, newcomers welcome.

[Learn more or register](#)

**Oct. 10– 14, 2012**

**Annual Fall Retreat**

**With Geshe Tenzin Wangyal Rinpoche**

More information coming soon

**Dec. 27, 2012– Jan. 1, 2013**

**Winter Retreat 2012: Experiential Transmission, Part 5**

**Dzogchen Teachings With Geshe Tenzin Wangyal Rinpoche**

Online registration is now open! Prerequisite: Participants must have received the teachings for Parts 1, 2, 3 and 4 of the Experiential Transmission of Zhang Zhung in order to attend these Part 5 teachings.

[Learn more or register](#)

**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 [registration@ligmincha.org](mailto:registration@ligmincha.org) or 434-263-6304, or go to:

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