

Teaching Issue

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Letter from the Editors

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 [More>](#)



Words of Advice for the New Year

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 [More>](#)



Happy Tibetan New Year!

A Message From Tenzin Wangyal Rinpoche (Plus Celebratory Photos)

Happy Losar! In this Year of the Water Dragon, [More>](#)



Sangha Sharing□ □ □

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 [More>](#)



New Online Offerings!

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

Great news—because of the generous contributions recently given to Ligmincha, **the teaching hall at Serenity Ridge will soon be wired for Internet access.**

The next scheduled webcast will

[More>](#)



Pictures from Rinpoche's Latest Retreats and Travels

Enjoy the Slideshow!

Click on a photograph to [More>](#)

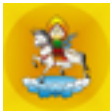


Update on Registration for Third International Lishu Retreat

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](#)



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

Easing Into Spaciousness

In January, *Tricycle Magazine* invited Tenzin Wangyal Rinpoche to host a monthlong book club discussion group on *Tibetan Yogas of Body, Speech and Mind*. The workshop is over, but you can view the [More](#) *Tricycle's* website related to his latest book, [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 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 or 434-263-6304, or go to:

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

