

Announcements Issue

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Letter from the Editors

Summertime at Serenity Ridge



Photograph by Mary Ellen McCourt

Dear Friends,

We hope you all are having a happy summer! Happy summers for us include being able to attend the annual Summer Retreat at Serenity Ridge with Tenzin Wangyal Rinpoche, and we were fortunate to be there for the first week of this year's retreat. It was oh so special this year, because the retreat included a visit by His Holiness Lungtok Tenpai Nyima Rinpoche, spiritual head of the Bon tradition, and he positively glowed.

Enjoy the beautiful pictures and videos that we are able to share in this issue. They'll hopefully give you a taste of some of the magic of being up on Serenity Ridge during those three wonderful weeks of Summer Retreat. You'll also enjoy two new YouTube videos from the July 6 all-day webcast from that retreat. Also included in this issue: Ligmincha's annual report; news of Tenzin Rinpoche's Fellowship Award; upcoming webcast teachings— [the next webcast is Oct. 12](#) ; upcoming online course on creativity in September; special Fall Retreat offerings at Serenity Ridge, including a weekend retreat with Menri Lupon; the Third Annual Buddhism and Science Conference, to be followed by the annual Fall Retreat. And that's not all—we've just received a special article from Tenzin Wangyal Rinpoche in which he explains his commitment to the annual Nonsectarian Conference that was most recently held this past June in California. Also, be sure to see the links to the Spanish translation of the June *VOCL* and to the new summer issue of *Ligmincha Europe Magazine*, plus the latest news from Alejandro Chaoul-Reich's research team about the effects of Tibetan sound meditation on cancer patients.

Enjoy this issue and best wishes!

Aline and Jeff Fisher



Ligmincha Institute's Annual Report

With Letter From Tenzin Wangyal Rinpoche

Ligmincha Institute's Annual Report for the fiscal year 2012 was recently released. Read about what happened at Serenity Ridge from Oct. 1, 2011, through Sept. 30, 2012, both internationally and online; find out what Ligmincha Council members have been doing; learn how Ligmincha spends its money; and read a special message from Geshe Tenzin Wangyal Rinpoche.

Read the 2012 Ligmincha Institute Annual Report [here](#) .



Summer Retreat Richness

YouTube Video of His Holiness, Tenzin Wangyal Rinpoche, and More

Created by sangha members, this video captures some of the happiness and magic with His Holiness Lungtok Tenpai Nyima, spiritual head of the Bon tradition, during his visit at the recent Summer Retreat at Serenity Ridge. E MA HO! [Watch here](#)

In pictures: Joyful preparations for His Holiness's arrival at Ligmincha's Serenity Ridge Retreat Center. [View these 13 photographs](#) taken by Polly Turner.

[More awesome photos](#) taken by Regi Franz of His Holiness arriving at Serenity Ridge, plus the fundraising auction and banquet. Enjoy!



Wisdom Fellowship Award

Tenzin Rinpoche Wins Second Annual Award



Congratulations to Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha Institute! Rinpoche received the second annual Wisdom Fellowship Award from the Sacred Fire Foundation on Aug. 17 at Blue Deer Center in New York. Rinpoche was presented with the award at this year's Ancient Wisdom Rising, a weekend of teachings, stories and ceremonies to connect participants with nature and spirit at Blue Deer Center, near Margaretville, N.Y.





Tenzin Wangyal Rinpoche's Teaching Schedule

Website Newly Updated!

There have been some recent updates and additional dates for Rinpoche's teaching schedule through 2013.

[View schedule by date](#)

[View schedule by location](#)



'Awakening the Sacred Arts: Discovering your Creative Potential'

Online GlideWing Workshop Begins Sept. 21



Webcasts with Tenzin Wangyal Rinpoche

Next Live Webcast Includes Special Guest H.E. Menri Lopon Rinpoche

Join us from your computer on **Saturday, Oct. 12, 2013**, from 3–4:30 p.m. Eastern Time U.S. (New York time), for a special free live webcast from the annual

[Fall Retreat at Serenity Ridge](#)

(not a public talk). Topic: "The Open Heart: Healing in the Dzogchen Tradition." Tenzin Wangyal Rinpoche will be joined during this webcast by special guest

[H.E. Menri Lopon Trinley Nyima Rinpoche.](#)

The next full-day live webcast will be on **Dec. 14, 2013**, 9 a.m.–4:30 p.m. Eastern Time U.S. (New York time)!

Also, on **Dec. 29, 2013**, 3–4:30 p.m. Eastern Time U.S. (New York time), there will be a live webcast from the annual Winter Retreat at Serenity Ridge.

All live webcasts are free and are simultaneously translated into numerous languages. **You can learn more and view webcasts at the** [Live-Broadcast Page](#)

Recordings of the recent July 6 all-day webcast can be viewed at these links:

- [Morning teaching session](#)— "Prayers and guided meditation with H.H. Lungtok Tenpai Nyima and Tenzin Rinpoche"
- [Afternoon teaching session](#)— "Inner Refuge: Turning Off Your Inner Navigation System"

You can find many other recorded live webcasts with Tenzin Rinpoche at [the Internet Teachings page](#).



Tibetan Sound Meditation Benefits Cancer Patients

Results to Be Presented at Oct. 9-10 Buddhism and Science Conference at Serenity Ridge



Research on the effects of Tibetan sound meditation on cancer patients' cognitive function and mental health was published in the May 9 issue of [Psycho-Oncology: Journal of the Psychological, Social and Behavioral Dimensions of Cancer](#).

This collaborative research between Ligmincha Institute and the University of Texas M.D. Anderson Cancer Center was led by Drs. Alejandro Chaoul-Reich and Lorenzo Cohen, with Tenzin Wangyal Rinpoche as consultant.



According to Chaoul-Reich, Ligmincha's director of research, "It is a real honor to be able to work in this collaborative project between Ligmincha and M.D. Anderson, bringing these ancient Bon practices into the contemporary medical environment, and see how these women with cancer feel the benefit. It brings much joy to my own practice, and I want to thank Tenzin Rinpoche for his unwavering support."

Since 1999 Tenzin Wangyal Rinpoche has been collaborating with Drs. Cohen and Chaoul-Reich in research with Bon practices for cancer patients, including Tibetan yoga (Tsa Lung Trul Khor) and more recently Tibetan sound meditation (see [Tibetan Sound Healing by Tenzin Wangyal Rinpoche](#) for more information).

The results of this study indicate that Tibetan sound meditation may be associated with short-term improvement in cognitive function, mental health, and spirituality in women with breast cancer.

The randomized control trial included 47 women with breast cancer who had completed chemotherapy between six and 60 months previously and who reported cognitive impairment. Participants were assigned randomly to either a twice-weekly session of Tibetan sound meditation or a control group. Participants in both groups were assessed for cognitive function, intrusive thoughts, depression, sleep disturbances, fatigue, and spirituality at the baseline, at the end of treatment, and one month later.

Compared to the control group, the women in the Tibetan sound meditation group performed better on the verbal memory test and processing speed task (objective testing), and reported improved cognitive function, cognitive abilities, mental health, and spirituality at the end of the treatment, but not one month later.

In addition to Alejandro Chaoul-Reich, Lorenzo Cohen and Tenzin Wangyal Rinpoche, authors of the *Psycho-Oncology* article include K. Milbury, K. Biegler, A. Spelman, C.A. Meyers, B. Arun, J.L. Palmer and J. Taylor. To the best of the authors' knowledge, this is the first

meditation study aimed at improving cognitive deficits in cancer patients.

An abstract of the article is cited on Pub Med, a search engine for publications related to medicine.

A follow-up study is planned both at M.D. Anderson Cancer Center, in collaboration with Ligmincha Texas, and at Einstein Hospital in Sao Paulo, Brazil, in collaboration with Ligmincha Brazil. This study will include brain-imagery testing. Results should be available within the next two years.

Tenzin Wangyal Rinpoche will be sharing the practice of this study, and Alejandro Chaoul-Reich will be discussing the research, at a special upcoming [Conference on Buddhism and Science](#) to be held Oct. 9–10, 2013, at Ligmincha Institute at Serenity Ridge.

In addition, eight other recognized researchers from different institutions will present at the conference. Participants will explore the connection between science and spirituality, with a particular focus on how meditation and the practice of compassion can affect health and well-being. **Everyone is welcome to attend!**

As a special note, a new book is in the works based on the first annual Buddhism and Science Conference, edited by Berkeley physicist David Presti, with chapters authored by each of the conference's presenters plus Tenzin Wangyal Rinpoche. As soon as it's published we'll let everyone know here in *VOCL*.

This year's conference will be followed by the annual [Fall Retreat](#), where Rinpoche will teach together with [H.E. Menri Lupon Trinley Nyima Rinpoche](#), the principal teacher of Menri Monastery in India, on the topic of Healing in the Dzogchen Tradition.

[Learn more about the Buddhism and Science Conference](#)

[Learn more about the Fall Retreat](#)



Summer Issue of Ligmincha Europe Magazine Now Available

Their Ninth Issue—a Full 36 Beautiful Pages!

Read about: Bon and social media; Taste of the Three Doors weekends and interviews; the Irish sangha; inner refuge; poetry sharings; and much more. Also, find out how you can help the *Ligmincha Europe Magazine*

bear fruit as a book of 10 issues (the next issue is the tenth!), to be given as a gift to Bon monasteries, Lishu Institute, Ligmincha Institute, and others.

[View the Summer 2013 issue](#)

[View pictures from Rinpoche's recent European retreat in Germany](#) , recently posted on Facebook. What a wonderful group!



Finding Common Ground

Tenzin Wangyal Rinpoche Explains His Commitment to Nonsectarian Cause

From June 6 through 8, 2013, a diverse group of esteemed Tibetan teachers met in Richmond, California, to participate in the Third North American Nonsectarian Conference of Tibetan Religious Schools. Their primary purpose was to exchange experiences, ideas, and support related to teaching Western students. Geshe Tenzin Wangyal Rinpoche, spiritual director of Ligmincha Institute, chaired this year's conference. Here, Tenzin Rinpoche explains his deep commitment to this cause and his hopes for the future.



VOCL Spanish Translation

June Issue Available

[View the Spanish-language translation of our June 2013 issue of *Voice of Clear Light*](#)



Experience Dzogchen Practice in Introspective Silence

Join Rinpoche at the Annual Winter Retreat, Dec. 27, 2013- Jan. 1, 2014

Join Tenzin Wangyal Rinpoche for six days of practice in an atmosphere of introspective silence. This retreat will focus on dzogchen practices as presented in the oral tradition from ancient Bon texts, including the [*Experiential Transmission from the Zhang Zhung Nyam Gyu*](#). Open to all, from those who have attended the dzogchen teachings to those new to these practices.

[Learn more and register](#)



Upcoming Events

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.

Sept. 13–15, 2013

**The Three Heart Mantras and Ma Tri Initiation
with H.E. Menri Lopon Trinley Nyima Rinpoche**

[Learn more and register](#)

Oct. 9–10, 2013

**Special Conference 2013: New Dialogs Between Buddhism and Science
with Geshe Tenzin Wangyal Rinpoche and Renowned Researchers**

(to be followed by annual fall retreat; consider registering for both)

[Learn more and register](#)

Oct. 11–13, 2013

Fall Retreat—The Open Heart: Healing in the Dzogchen Tradition

with Geshe Tenzin Wangyal Rinpoche and H.E. Menri Lopon Trinley Nyima Rinpoche

[Learn more and register](#)

Oct. 31–Nov. 2, 2013

Tibetan Bon Buddhist Yoga (Trul Khor) Training, Part 3

with Alejandro Chaoul-Reich

Prerequisites required

[Learn more and register](#)

Nov. 16-17, 2013

Tibetan Sound Healing—The Five Warrior Syllables

with John Jackson

[Learn more and register](#)

Dec. 27, 2013–Jan. 1, 2014

Winter Retreat—Dzogchen Practice Retreat

with Geshe Tenzin Wangyal Rinpoche

Open to all, from those new to meditation to those who have attended any part or all of the *Experiential Transmission*

or any other dzogchen teachings.

[Learn more and 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 visit the

[Serenity Ridge website](#)

or the

[Ligmincha Institute website](#)

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