

Announcements Issue

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Letter from the Editors

Historic Times



Photograph by Stephen Ledyard

Dear Friends,

This past October, a first-time meeting of nine Tibetan Bon lamas, all of whom have been teaching Bon in the West for many years, took place at Serenity Ridge. Hosted by Tenzin Wangyal Rinpoche, this historic gathering is special in many ways. Get a glimpse from Polly Turner's article of the wonderful history that was made by the event, and enjoy the pictures, too! Also this past fall, Rinpoche hosted Ligmincha's third annual Buddhism and Science conference at Serenity Ridge, marking another historic bridge-building effort here in the West. Enjoy Vickie Walter's article on that event. And from Poland, Ton Bisscheroux brings us in words and pictures a richly textured glimpse of the historic consecration of the Bon Gompa in Poland. Beautiful photos accompany his article.

And finally, we're happy to announce that our own lama, Geshe Tenzin Wangyal Rinpoche, will be making history again with Ligmincha's third free full-day webcast, taking place on Saturday, Dec. 14. Come join this Internet retreat from your computer and share with a friend!

Also in this issue, be sure to check out the upcoming online workshops beginning in January, the latest *Ligmincha Europe Magazine*, a link to the Spanish translation of October's VOCL, new Serenity Ridge retreat listings posted for 2014, recordings of recent webcasts by Tenzin Wangyal Rinpoche and Menri Lopon Trinley Nyima Rinpoche, and an end-of-year fundraising request with a letter from Rinpoche concerning the repairs needed at Ligmincha's Serenity Ridge Retreat Center.

Happy Holidays Everyone!

In Bon,
Aline and Jeff Fisher



Free Full-Day Webcast on Dec. 14 with Tenzin Wangyal Rinpoche!

Also Mark Your Calendars for Free Dec. 29 Webcast

Join us online on Saturday, Dec. 14, 2013, 9 a.m.–3:30 p.m. Eastern Time U.S. (New York time), for this full-day Internet retreat on “Purifying Your Karma Through Mantra” with Geshe Tenzin Wangyal Rinpoche. Live teachings and guided practices will offer a timely opportunity to clear the karma you've accumulated over the past year, satisfy longstanding karmic debts and free yourself to live a more joyful, spontaneous life. A variety of practice supports are available, as well as real-time translations in multiple languages.

[Learn more about this webcast](#)

[Visit the live-broadcast page](#)

On Dec. 29, 2013, 3–4:30 p.m. Eastern Time U.S. (New York time), Tenzin Wangyal Rinpoche will be giving a live webcast on “Nurturing the Sacred Community,” broadcast from the annual Winter Retreat at Serenity Ridge (not a public talk). How meditation practitioners relate with each other as a community, or sangha, can play an essential role in their spiritual growth. Tenzin Rinpoche will discuss the role of sangha from the perspective of the Bon Buddhist teachings, including how to manage conflicts and connect more creatively with others.

[Learn more about the Winter Retreat](#)

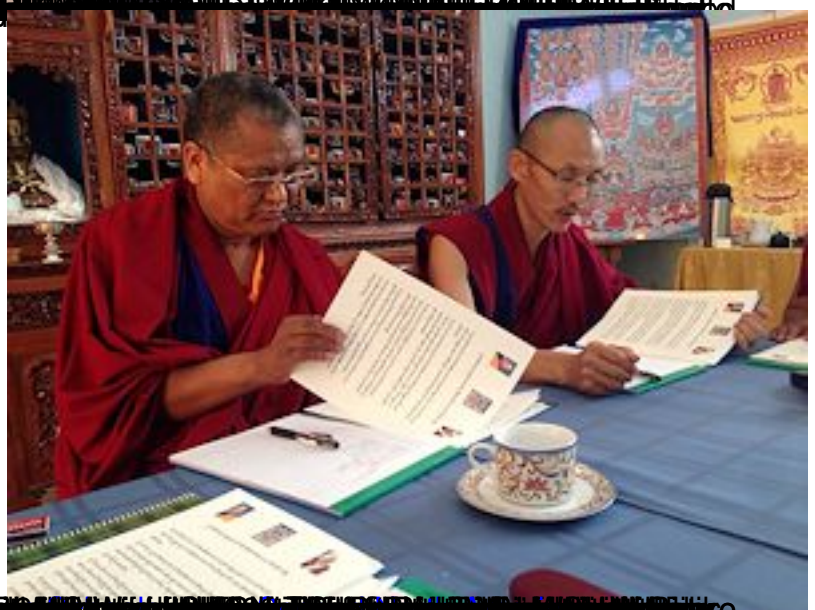
[View a recent recorded webcast from Oct. 12](#) on "The Open Heart: Healing in the Dzogchen Tradition" with H.E. Menri Lopon Trinley Nyima Rinpoche and Tenzin Wangyal Rinpoche

[View other recorded Ligmincha webcasts](#)



Historic Homecoming

First Meeting of Bon Lamas Who Live and Teach in the West Held at Serenity Ridge





Buddhism and Science Conference a Big Success

New Dialogs Conference Brings Researchers to Serenity Ridge



Support Serenity Ridge in Your End-of-Year Giving

With a Special Letter from Tenzin Wangyal Rinpoche



Photograph by Brian Harris

Serenity Ridge Retreat Center nobly serves many purposes. It is the headquarters of Ligmincha International. It provides a wonderful environment to experience the Bon Buddhist teachings

through retreats and live webcasts. It supports the Three Doors participants during retreats and transformations. It houses Bon Buddhist texts and a bookstore that distributes books and practice items related to Bon Buddhist wisdom. Most recently it is home to a small crew of interns whose activities help support the mission of Ligmincha International.

As you consider your end-of-year giving, please remember Serenity Ridge! Our current fundraising efforts are focused on much needed improvements for Serenity Ridge, including:

- Repairs and infrastructure upgrades to the Gompa and Garuda House
- Updates to the private rooms, bunk bed rooms, dorms and dorm bathrooms
- Repairs and enhancements to the water treatment system and outdoor lighting
- Repairs to the bookstore--the roof and some of the interior was seriously damaged by a downed tree during a major storm over the summer.
- Other updates that will prepare Serenity Ridge for a build out of the dining area and kitchen

We very much appreciate any contribution you can make towards these improvements. To learn more download [our fundraising brochure](#) that contains a special letter from Rinpoche, or [visit our website](#)

Thank you for your generosity!

[View letter from Rinpoche in the fundraising brochure](#)



Tenzin Rinpoche's Schedules by Date and Location Online

Busy Year Planned for 2014

Tenzin Wangyal Rinpoche's worldwide schedules for 2014 are now available on the Ligmincha International website. You can view schedules by date and by location. Additional items will be added during the year if Rinpoche's schedule changes.

[View Schedule by Date](#)

[View Schedule by Location](#)



Tenzin Wangyal Rinpoche Appearing in Documentary

View 'Fire and Ashes: The Crisis of the Church'

Tenzin Wangyal Rinpoche appears in a new, 50-minute Italian-language documentary, "Fire and Ashes: The Crisis of the Church" ("Fuoco e cenere: la crisi della Chiesa"). The documentary will be broadcast on Swiss National Television RSI La1 on Sunday, Dec. 22, at 20.40 local Swiss time, and can be viewed by computer via streaming video beginning the following day [at this link](#).



Ligmincha Learning Online Workshop Jan. 11–Feb. 22, 2014

'The Five Elements: Healing with Form, Energy and Light' with Tenzin Wangyal Rinpoche

Ligmincha Learning is pleased to offer a six-week online course, "The Five Elements: Healing with Form, Energy and Light," from Jan. 11–Feb. 22, 2014. The course will give participants a

thorough introduction to the Five Elements practices of the Tibetan Bon Buddhist tradition.

The six-week course is based on videos of Geshe Tenzin Wangyal Rinpoche exploring how each of the five elements relates to our daily experiences, emotions and relationships. Rinpoche guides meditations for each of the elements, designed to help clear our obstacles and bring balance to our lives.

[Learn more/register](#)



Three-Week Online GlideWing Workshop Begins Jan. 11

‘Awakening the Sacred Body: Tibetan Yogas of Breath and Movement’ with Tenzin Wangyal Rinpoche

This three-week online workshop, with personal guidance from Geshe Tenzin Wangyal Rinpoche, makes accessible the ancient Tibetan yogic practices of breath and movement. These practices are designed to awaken your subtle energy body, and open and clear your energy centers and channels, while enhancing your physical fitness, mental well-being and spiritual growth.

The practices involve focusing your mind and directing the subtle breath while engaging in a series of easy-to-perform body movements. The practices consist of two ancient teachings: The Nine Breathings of Purification and the Five Tsa Lung exercises.

[Learn more about this three-week workshop](#)



Consecration of Gompa in Wilga, Poland

Four Days of Special Teachings and Ceremonies



Ligmincha Poland was very happy to welcome H.E. Yongdzin Tenzin Namdak Rinpoche, Khenpo Tenpa Yungdrung Rinpoche, Tenzin Wangyal Rinpoche and several other lamas in Chamma Ling Center in Wilga, Poland, from Oct. 24–27, 2013, to perform rituals for the consecration of the new built Gompa. It was very special to see all these lamas together, performing the rituals, giving teachings and having a good time together.

In 2006 after the visit of His Holiness Lungtok Tenpai Nyima Rinpoche to Chamma Ling Center in Wilga, construction of a gompa was initiated in the place indicated by His Holiness, who is the abbot of Menri Monastery in Dolajni, India. They have been working for seven years on this project and received great support from our teachers, like Tenzin Wangyal Rinpoche, Khenpo Tempa Yungdrung Rinpoche, Menri Lopon Trinley Nyima Rinpoche and many other Bonpo geshees.



[H.E. Menri Lopon Trinley Nyima Rinpoche - Head Teacher of Menri Monastery in Dolanji, India - Gives Webcast Teachings in Poland](#)



View Recorded Webcasts of H.E. Menri Lopon Trinley Nyima Rinpoche in Poland

Teachings in English with Polish Translations

H.E. Menri Lopon Trinley Nyima Rinpoche, head teacher of Menri Monastery in Dolanji, India gave webcast teachings in Poland recently on "Precious Human Life," "Spiritual Practice in Everyday Life" and "The Spiritual Path and Material Life." (In English and with Polish translation.)

[View recorded webcasts](#)



View 2014 Serenity Ridge Retreat Schedule

Mark Your Calendars!

A schedule of all the major retreats at Ligmincha Institute's Serenity Ridge Retreat Center is now available on the web.

[View schedule](#)



Latest Spanish Translation of VOCL

View October Issue

The October 2013 issue of Voice of Clear Light has been translated into Spanish.

[View Spanish translation](#)



See *Ligmincha Europe Magazine's* Autumn Issue

Celebrating Their Tenth with Many Wonderful Articles!

[View Autumn issue](#)



'Healing with Sound: The Five Warrior Syllables' with John Jackson

Weekend Retreat Feb. 1–2, 2014, at Serenity Ridge

Learn how to use the power of sound to help heal physical illness, clear psychological and energetic disturbances, and uncover positive qualities such as love, compassion, joy and equanimity.

[Learn more/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.

Dec. 27, 2013–Jan. 1, 2014

Winter Retreat—Dzogchen Practice Retreat

with Geshe Tenzin Wangyal Rinpoche

Open to all, from those who have attended any part or all of the Experiential Transmission or any other dzogchen teaching, to those who wish to experience the practices.

[Learn more and register](#)

Feb. 1–2, 2014

Tibetan Sound Healing—The Five Warrior Syllables

with John Jackson

[Learn more and register](#)

April 11-13, 2014

Spring Retreat—Winds of Change: Discovering the Healing Power of Mind and Prana

with Geshe Tenzin Wangyal Rinpoche

[Learn more and register](#)

June 22-July 12, 2014

Summer Retreat—The Twenty-One Nails, Part 2

with Geshe Tenzin Wangyal Rinpoche

This teaching is among the innermost secret cycles of Tibetan Bon Buddhist dzogchen, directly cutting through doubts about one's natural state by tracing the nature of mind back to its source. Join us for one, two or three weeks! All are welcome.

[View all 2014 retreats](#) . 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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