

Announcements Issue

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Letter from the Editors

Historic Times

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. [More](#)



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. [More](#)



Historic Homecoming

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

To a casual observer, it might have been no more than a comfortable gathering of Tibetan monks and other countrymen, laughing and chatting like the old friends they were. For those knowledgeable, however, the two days of meetings in October 2013 in central Virginia were truly historic. For, this was the first time since the Bon teachings were brought to the West that these nine Tibetan Bon lamas had an opportunity to meet [More](#)



Buddhism and Science Conference a Big Success

New Dialogs Conference Brings Researchers to Serenity Ridge

Ligmincha Institute's third annual Buddhism and Science Conference was a great success, according to both presenters and participants at the event, held Oct. 9–10 at Serenity Ridge Retreat Center in Nelson County, Virginia. And part of what made the conference so special was not only the quality of the presenters but also that intangible "human quality" [More](#)



Support Serenity Ridge in Your End-of-Year Giving

With a Special Letter from Tenzin Wangyal Rinpoche

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 [More](#)



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. [More](#)



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. [More](#)



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 newly built Gompa. [More](#)



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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