

# Teaching Issue

Volume 14, Number 1 / February 2014

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## Letter from the Editors

### Winds of Change



Dear Friends,

Greetings! We want to remind everyone of Tenzin Wangyal Rinpoche's recent request for all of us to recite the long-life mantra for H.E. Yongdzin Tenzin Namdak Rinpoche. More Please join in reciting and accumulating mantras, and reporting them as listed on the website.

[Learn more](#)

The Tibetan New Year begins March 2 – the year of the Horse. Happy Losar everyone! The Tibetan New Year begins March 2 – the year of the Horse. Happy Losar everyone! Tenzin Wangyal Rinpoche will offer a free live webcast March 2 from 1–2:30 p.m. Eastern (New York) time on "Raising Your Windhorse: Good Fortune for the New Year." Read the article about all of Rinpoche's upcoming webcasts in this issue.

In preparing for the New Year, we work to clear obstacles and resolve issues to make way for growth and new openness needed to face the challenges ahead. In this issue, we offer an excerpt from Tenzin Wangyal Rinpoche's teachings on the power of wisdom wind, the prana of our awareness, the true means for liberating pain. Enjoy this clear, refreshing and helpful teaching!

The focus of Rinpoche's three-day Spring Retreat at Serenity Ridge is Winds of Change: Discovering the Healing Power of Mind and Prana. See below for all the details. And, announcing that the [Summer Retreat](#) registration is open now. Plan ahead for your retreats!

Also featured in this issue: "Nurturing Sacred Community," an overview of Rinpoche's latest webcast; a request for summer auction donations for Ligmincha's June fundraising auction; invitation and schedule for upcoming Taste of The Three Doors seminars; a report on the success of Ligmincha's end-of-year fundraising campaign and plans for improvement; Ligmincha's Annual Report for fiscal year 2013; Ligmincha's internship program: looking for new recruits; an article about Ligmincha's first silent retreat; and links to the latest Spanish translation of VOCL, as well as the winter issue of *Ligmincha Europe Magazine*.

This issue is chock full of gems – enjoy!

In Bon,  
Aline and Jeff Fisher



## **'Shining Through with the Light of Awareness'**

**Edited Excerpt from Transcript of Oral Teachings on 'Tibetan Yogas of Body, Speech, and Mind' Given by Tenzin Wangyal Rinpoche, February 2012|**



[Ligmincha's Bookstore & Tibet Shop](#)



## Free Live Webcasts with Tenzin Wangyal Rinpoche

### Good Fortune for the Tibetan New Year, Calm Abiding Meditation and More

Don't miss the following upcoming webcasts with Geshe Tenzin Wangyal Rinpoche! Except as noted, you can participate in any of these free events by visiting the [live-broadcast page](#) on the Ligmincha Institute website. More

#### **March 2, 2014 (Sunday), 1–2:30 p.m. Eastern Time U.S. (New York time)**

##### **Raising Your Windhorse—Good Fortune for the New Year**

On March 2, Tenzin Rinpoche will mark the start of the Tibetan New Year (Losar) by explaining the traditional Tibetan practice of raising one's personal power and good fortune, or *lung-ta*.

[Learn more](#)

#### **March 9, 2014 (Sunday), 1–2:30 Eastern Time U.S.**

##### **Calming Your Mind with Meditation**

The practice of Calm Abiding (*Zhiné*) is considered the foundation for developing and mastering all other, higher meditation practices in Tibetan Bon Buddhism. In this live webcast Tenzin Wangyal Rinpoche will give instructions for three forms of

*Zhiné*

(forceful, natural, and ultimate) and explain how to deal with obstacles to your practice.

[Learn more](#)

**April 9, 2014 (Wednesday), 7–8:30 p.m. Eastern Time U.S.**

**Awakening the Luminous Mind**

Tenzin Wangyal Rinpoche gives dzogchen teachings based on his book *Awakening the Luminous Mind: Tibetan Meditation for Inner Peace and Joy*

. Broadcast live from

[Satchidananda Ashram–Yogaville](#)

in Buckingham, Virginia.

[Learn more](#)

Note: This webcast can be viewed [here](#) .

**April 12, 2014 (Saturday), 3–4:30 p.m. Eastern Time U.S.**

**Winds of Change: Discovering the Healing Power of Mind and Prana**

Tenzin Wangyal Rinpoche broadcasts live from the annual Spring Retreat at Ligmincha's Serenity Ridge Retreat Center in Nelson County, Virginia (not a public talk).

[Learn more](#)

**May 4, 2014 (Sunday), 1–2:30 p.m. Eastern Time U.S.**

**The Student-Teacher Relationship**

In this live webcast, Tenzin Wangyal Rinpoche offers do's and don'ts for cultivating a fruitful master-student relationship in Tibetan Buddhism.

**June 8, 2014 (Sunday), 1–2:30 p.m. Eastern Time U.S.**

**Shifting Your Pain Identity**

Learn how to tap into your own inherent love and wisdom and transform your world with the Sherap Chamma practice. Teaching and guided meditation with Tenzin Wangyal Rinpoche.

[Learn more](#)

[View the live webcasts](#)



**Spring Retreat: April 11–13, 2014**

**Winds of Change: Discovering the Healing Power of Mind and Prana**

During this three-day retreat at Ligmincha Institute's Serenity Ridge Retreat Center, participants will explore methods to heal physical and emotional pain by discovering the power of the open awareness of mind. Both new and experienced students of meditation are invited to join this special retreat!

[Learn more and register](#)

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## **Registration Open for Summer Retreat at Serenity Ridge**

### **'The Twenty One Nails, Part 2' Open to All**

Everyone is warmly invited to attend this summer's retreat on the topic of "The Twenty-One Nails, Part 2." The retreat is set for June 22–July 12, 2014 and is among the innermost secret cycles of Tibetan Bon Buddhist dzogchen, directly cutting through doubts about one's natural state. Join us for one, two or all three weeks. No prerequisites are required.

[Learn more and register](#)

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## **A Message for the Sangha**

### **Tenzin Wangyal Rinpoche Explains How to 'Nurture Sacred Community'**



## **Please Donate Items to 2014 Summer Fundraising Auction**

**See How You Can Help Ligmincha**



As we begin planning for our 2014 Summer Retreat, we are looking forward to the annual summer fundraising auction, celebrated each year during the retreat. The auction, to be held this year on Friday, June 27, 2014, is an important public fundraising event for Ligmincha Institute More and is essential to furthering Tenzin Wangyal Rinpoche's vision for Ligmincha

Institute at Serenity Ridge.

Please help by donating auction items. We are seeking quality practice-related or shrine-related items that can inspire or deepen our practice. Here are some examples of items that have helped generate lively bidding in the past:

- Crystal objects: stupas, crystal balls, malas, phurbas
- Tibetan singing bowls and drums, large or small
- Tibetan or English texts that have been used by our teachers
- Silver or gold gaus (Tibetan locket for sacred objects) or amulets
- Malas made from precious or semi-precious stones
- Photos of our teachers or of sacred sites
- Thangkas, prayer banners
- Items blessed by His Holiness Lungtok Tenpai Nyima Rinpoche, Yongdzin Tenzin Namdak Rinpoche or Tenzin Wangyal Rinpoche

Funds raised from the auction will be used to help continue the development of Serenity Ridge Retreat Center, the headquarters of Ligmincha International.

Your enthusiastic participation and support are essential at this important time of growth. All donations are tax deductible.

Please email the [Ligmincha Institute office](#) or mail your donated items to:  
Ligmincha Institute at Serenity Ridge  
554 Drumheller Lane  
Shipman, VA 22971

If you are unable attend the auction in person and would like to make a donation, [click here](#) .





## **Consider the Three Doors Academy**

### **Attend Taste of Three Doors Weekend Seminar to Find Out More**

The Three Doors is pleased to announce the next U.S. Academy will begin in the Spring of 2015. The U.S.-3 Academy will be presented by Marcy Vaughn and Gabriel Rocco. The Three Doors Academies are designed to support personal transformation through contemplation and meditation. More represented in six 6-day retreats held twice a year. Additional support includes a personal mentor relationship, monthly group conference calls and individual retreats. A maximum of 40 people will be accepted for the US-3 Academy, which has rolling admissions. The retreat will be held at Serenity Ridge meditation center in Shipman, Virginia.

We would also like to announce that the next European Academy will begin in summer 2015. Presented by John Jackson and Raven Lee, the first Group Training Retreat will be held June 7–13, 2015 and the second Group Training Retreat will be held Nov. 8–14, 2015. More details will be forthcoming. If you would like to receive further information about the Academy Program or to begin the application process, please contact [the3doors@gmail.com](mailto:the3doors@gmail.com).

The Three Doors has scheduled several spring events listed below.

#### **March 15–16, 2014**

Taste of The Three Doors - Portland, Maine USA  
Presented by Marcy Vaughn

#### **March 15–16, 2014**

Taste of The Three Doors - Dortmund, Germany  
Presented by John Jackson

#### **March 22–23, 2014**

Awakening Authentic Presence - Meditations with Sound and Silence  
Boulder, CO USA  
Presented by Marcy Vaughn



**April 5–6, 2014**

Taste of The Three Doors - Hilversum, Netherlands

Presented by Dr. Raven Lee





For more information on any of the events, please refer to the [Three Doors Website](#)



## End-of-Year Fundraising Campaign

### Successful Campaign Raises Funds for Improvements at Serenity Ridge



Ligmincha Institute is thrilled to announce the results of the end-of-year fundraising campaign. Generous contributions from sangha members and friends near and far resulted in raising \$23,000, with a net income of \$20,530 after fundraising expenses. More

The money from this campaign will be specifically allocated to the following improvements at Serenity Ridge Retreat Center:

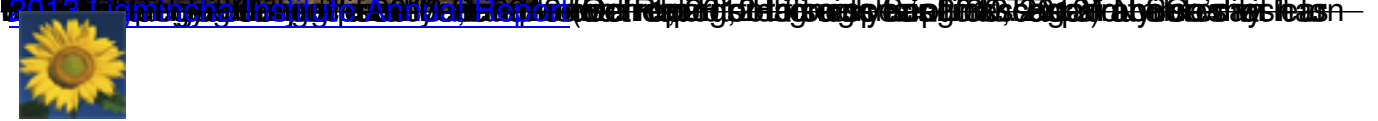
- Improvements to the six private rooms opposite the gumpa, including new paint in all the rooms, new fixtures in the bathrooms, new bedding, new door curtains and new flooring.
- Improvements to the bunk bed rooms, including fresh paint and new bedspreads, new flooring treatment and new area rugs.
- Fresh paint for the first floor lounge by the women's dorm.

We are pleased to be able to make these improvements and very grateful to all of you who contributed. This funding will keep Ligmincha staff and volunteers busy over the winter and spring with improvements and updates. The goal is to have this work done in time for Summer Retreat.



## **Ligmincha's Annual Report for Fiscal Year 2013**

**[Read About Ligmincha Finances and Much More](#)**



The internship program is fairly new for Serenity Ridge, and it has been beneficial in many ways. It provides interns the opportunity to deepen their practice in a contemplative environment and to learn and grow through attending Serenity Ridge retreats. It provides sangha members and those new to Serenity Ridge with onsite support and a resident community. Interns also fill important roles at the retreat center in areas such as program coordination, facilities and grounds maintenance, administration and fundraising.

Ligmincha is in the process of formalizing the program and is excited to announce that new interns will be recruited to start in May 2014. A description of the program and the application process will soon be available on the Serenity Ridge website.

Because of the nature of the work and living arrangements, preference is for candidates who have attended a retreat with Tenzin Wangyal Rinpoche at Serenity Ridge or at another location, and who have a sincere interest in learning about and practicing in the Tibetan Bon Buddhist tradition.

Particular skills that are beneficial include:

- Program coordination
- Graphic design
- Marketing and communications
- Office and administrative support
- Housekeeping
- Maintenance and carpentry
- Groundskeeping and landscaping
- Fundraising
- Kitchen support
- Bookstore support
- Data entry and analysis
- Audio visual support

If you would like to learn more about this program, please email the [Serenity Ridge office](#) . You will be notified when the application and program details become available.



## Ligmincha's First Silent Retreat

### A Positive Experience for All



Afternoon practice at Winter Retreat had ended a few minutes early, and everyone was lined up in the dining hall patiently awaiting the evening meal. One of the cooks came out of the kitchen to pronounce dinner ready, and she reminded everyone that one of the containers of mashed potatoes was for "vegans only, please." Everyone in the room heard her easily, because no one else was talking. [More](#)

This winter, for the first time at Serenity Ridge, Geshe Tenzin Wangyal Rinpoche led a silent retreat. From the morning of Dec. 27 until New Year's Day, the 93 participants at the Winter Retreat were asked not to speak unless absolutely necessary.

"My feeling is that's it's going very well," said Rinpoche on the next-to-last day of the retreat. "It's

hard to tell exactly because everybody is in silence! But it looks like it's going well."

It was a sentiment that seemed to be largely shared by retreat participants, whose responses to a retreat survey indicated a 94 percent satisfaction rate. "I can't tell you how much I benefited," commented one participant.

Retreat participant John Swift echoed this sentiment. He said Rinpoche's teachings differed from other silent retreats he had attended in various Buddhist traditions. "The instruction I had received before was much simpler: come back to silence, come back to sensation," he said. Describing Rinpoche's way of teaching as "more thorough," Swift noted, "It makes possible right speech, right thought, right attention. There's much more ground for that."

Commenting on silent retreats in general, Rinpoche explained, "Sometime it looks wonderful; other times it looks kind of heavy—a little blocked and full of effort. If a person is not prepared well, silent practice can be difficult, but if a person is prepared well, silence is a very, very beautiful practice."

Rinpoche said the Winter Retreat was chosen as the first silent retreat because he believed many experienced students who had completed the five-year teaching cycle of the Experiential Transmission of the Zhang Zhung the previous winter would be returning. He also said there will "absolutely" be more silent retreats at Serenity Ridge. "We are going to figure out how to do it every year," he noted.

Planning has begun to incorporate silence into the three weeks of the 2014 Summer Retreat, with periods of silence during part of each week. Other future retreats also will incorporate silence. Comments and suggestions from this winter's end-of-retreat survey will be considered to help make future silence during retreats even more successful.

*This article was written by Matthew Conover, an intern at Serenity Ridge.*





## **Buddhism and the West – Tenzin Wangyal Rinpoche**

### **New YouTube Video Interview**

In this interview with Guido Ferrari, Geshe Tenzin Wangyal Rinpoche clarifies essential principles of Tibetan Buddhism and Bon and explains his approach to teaching in the West. 25 minutes.

[View video](#)



## **Latest Spanish Translation of □ VOCL**

### **View December Issue**

[View Spanish translation](#) of the December 2013 issue of Voice of Clear Light.



## **See Ligmincha Europe Magazine's Winter Issue**

## **Also Special Edition Reports on the Inauguration of the Gompa in Poland**

The Winter 2013-2014 issue of *Ligmincha Europe Magazine* is now available. Included in this issue are articles about the historic first meeting of Tibetan Bon lamas who live and teach in the West, and last fall's successful Buddhism and Science Conference, both held at Serenity Ridge Retreat Center.

*Ligmincha Europe Magazine* also has published a special edition on Consecration of the Gompa in Wilga, Poland, with many wonderful images.

[View both issues](#)



## **GlideWing Workshop Begins March 8**

### **‘Awakening the Sacred Arts: Discovering Your Creative Potential’**

The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “Awakening the Sacred Arts,” will be held March 8–April 6, 2014. Learn and practice from your own home, at your own schedule, with personal guidance. Participants will explore how to recognize and clear physical, energetic and mental obstacles; connect with and trust their innate creative potential; and discover the inner strength and confidence that can allow their creativity to naturally blossom.

[Learn more and view introductory video](#)  
[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](mailto:registration@ligmincha.org) or 434-263-6304.

**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](#)

**May 3-4, 2014**

**Awakening the Sacred Body**  
*with John Jackson*

Registration opens Feb. 18.

[Learn more](#)

**May 21-25, 2014**

**Divination in the Bon Buddhist Tradition**  
*with Geshe Nyima Kunchap*

[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.

[Learn more and register](#)

**Oct. 7-9, 2014**

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

**Oct. 10-12, 2014**

**Fall Retreat—The Healing Power of Primordial Awareness**  
*with Geshe Tenzin Wangyal Rinpoche*

**Oct. 31-Nov. 2, 2014**

**Special Retreat—Topic TBA**  
*with H.E. Menri Lopon Trinley Nyima Rinpoche*

**Dec. 27, 2014-Jan. 1, 2015**

**Winter Retreat—The Experiential Transmission of Zhang Zhung, Part 1: Ngondro**  
*with Geshe Tenzin Wangyal Rinpoche*

This is the first in a five-part series—to be held over the next five years—of special Bon Buddhist dzogchen teachings based on the ancient Zhang Zhung Nyen Gyu texts. Part 1: Ngondro is a prerequisite for further study of the Experiential Transmission series. Registration opens March 26.

[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