

## Teaching Issue

Volume 14, Number 3 / June 2014

[Read the full issue](#)

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### Letter from the Editors

This issue of Voice of Clear Light appears as a Ligmincha International News article because the VOCL website has been hacked and needs to be rebuilt [More](#)

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### Keep VOCL Shining!

#### Volunteer Help Needed for Singular Website Project

We are looking for individuals who are knowledgeable with Joomla to help rebuild the VOCL website. [More](#)

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### Advice Along the Path

#### Excerpts from Awakening the Luminous Mind by Tenzin Wangyal Rinpoche

Changing your life is a matter of connecting with aces in yourself you may have never fully connected with, and understanding things you may never have fully understood or trusted. [More](#)

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### Serenity Ridge New Resident Lama Arrives!

## **Welcoming Geshe Tenzin Yangton**

We are excited and honored to welcome Geshe Tenzin Yangton as our new resident lama at Serenity Ridge Retreat Center, the headquarters of Ligmincha International. [More](#)

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## **Ligmincha Resident Lamas to Participate in Summer Retreat**

### **Fundraising Auction Set for June 27 During First Week**

Resident lamas from Ligmincha's international community will be attending the three-week Summer Retreat, scheduled for June 22–July 12, and giving talks during the evening. [More](#)

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## **Schedule of Live Webcasts with Tenzin Wangyal Rinpoche**

### **Next Webcast Is on June 8**

Mark your calendar for these upcoming webcasts with Geshe Tenzin Wangyal Rinpoche. [More](#)

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## **The Story Behind the Live Webcasts**

### **Translating Rinpoche's Dream**

*More and more we can enjoy the live webcasts by Tenzin Wangyal Rinpoche from our computers. Lourdes Hinojosa tells us how this project began and how you can help. [More](#)*

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## **3Doors Academies Graduate**

### **New U.S. and Europe Academies Begin in 2015**

The 3Doors Academy recently held graduations for two groups of trainees, in the U.S. and Europe. New Academies will begin in 2015. [More](#)

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## **Ligmincha Texas Celebrates 20 Years**

### **Building for the Future**

*The Ligmincha Texas sangha writes about celebrating 20 years, and its upcoming fundraiser. [More](#)*

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## **Lishu Institute Update**

### **Plans for a Unique Bon Educational Program**

Lishu Institute is the fulfillment of Tenzin Wangyal Rinpoche's vision of providing a retreat center and study program for western students to do long-term, in-depth study and practice of the

Tibetan Bon Buddhist teachings. [More](#)

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## **View Recent YouTube Video Recorded in Mexico**

### **Tenzin Wangyal Rinpoche on Sherap Chamma**

This YouTube video of teachings on Sherap Chamma (Part 1), with Geshe Tenzin Wangyal Rinpoche, was recorded in April 2014 at the Great Stupa for World Peace, Chamma Ling Retreat Center, Valle de Bravo, Mexico. [More](#)

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## **International Sangha Sharing**

### **A Poem by Stephen Humphries**

VOCL recently invited sangha to share their writings and pictures with all of us. Here is a poem by Stephen Humphries, who is 35 and lives in Thailand. [More](#)

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## **Ligmincha Learning Course on the Three Heart Mantras**

### **Four-Week Course Begins June 4**

Ligmincha Learning is pleased to offer a month-long online course, “The Three Heart Mantras of Bon,” from June 4–July 4, 2014. [More](#)

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## **GlideWing Workshop on Tibetan Dream Yoga**

**July 12–August 10, 2014**

The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche is on “Tibetan Dream Yoga” and begins July 12. [More](#)

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## **Posters on Tibetan Yoga and Cancer Research Featured at Recent Conference**

**Tenzin Wangyal Rinpoche and Alejandro Chaoul-Reich Are Among Co-Authors**

An MD Anderson Cancer Center/Ligmincha Institute research team led by Lorenzo Cohen, Ph.D., and Alejandro Chaoul-Reich, Ph.D., presented, at a recent conference, two new aspects of their research on using Tibetan Yoga with cancer patients, which began in 2000. [More](#)

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## **Link to Latest Spanish Translation of VOCL**

**View April Issue**

[Read VOCL in Spanish](#)

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## **New Ligmincha Europe Magazine Just Out!**

### **Full Spring Issue**

[View the 12th issue of \*Ligmincha Europe Magazine\* online](#)

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## **Upcoming Retreats**

### **Serenity Ridge Retreat Center**

The retreats listed below will take place at Serenity Ridge Retreat Center, Ligmincha Institute's headquarters located in Nelson County, Virginia. 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.

#### **June 22–July 12, 2014**

Summer Retreat – The Twenty-One Nails, Part 2  
with Geshe Tenzin Wangyal Rinpoche  
Join us for one, two or three weeks! All are welcome.  
[Learn more/register](#)

#### **Sept. 6–7, 2014**

The Nine Ways of Bon  
with John Jackson  
[Learn/and register](#)

#### **Oct. 7–9, 2014**

New Dialogs Between Buddhism & Science: Pathways to a Healthy Mind  
with Geshe Tenzin Wangyal Rinpoche and Renowned Researchers  
[Learn more/register](#)

**Oct. 10–12, 2014**

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

[Learn more/register](#)

**Oct. 31–Nov. 2, 2014**

The Sacred Body in the Bon Tradition – Spiritual Guidance from the Tsa Lung Sol Dep  
with H.E. Menri Lopon Trinley Nyima Rinpoche

[Learn more/register](#)

**Nov. 6–9, 2014**

Trul Khor – Completing the Training: Tibetan Bon Yoga, Part 4  
with Alejandro Chaoul-Reich

Open to all who have done Parts 1, 2 and 3 of the Tibetan Bon yoga as taught at Ligmincha Institute's Serenity Ridge Retreat Center and Chamma Ling Colorado Retreat Center since 2009.

[Learn more/register](#)

**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.

[Learn more/register](#)

[Read more about 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](mailto:registration@ligmincha.org) or 434-263-6304, or visit the [Serenity](#)

[Ridge website](#)

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