

## Teaching Issue

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### Letter from the Editors

#### A True Gem

Dear Friends,

This issue's teaching excerpt is from Tenzin Wangyal Rinpoche's live June webcast on "Shifting Your Pain Identity." Rinpoche addresses how we deal with our roles in life, our identities, and how these can bring us pain, but he also maps a way out—a way to shift the mind that grasps these identities so strongly. [More](#)

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### A Letter from Tenzin Wangyal Rinpoche

#### New Mandala Council Represents Worldwide Sanghas

Dear Sangha,

I send my greetings to all of you.

As many of you may have heard, the Ligmincha International Board had its first meeting this past July. It is wonderful to see the care and dedication of our new board members. I know that

these qualities are shared also by each of you who are helping our worldwide Ligmincha sanghas.

It is now time for us to take the next step. As I mentioned in my last email to all of you about Ligmincha's organizational changes, we want to create a council of representatives from our worldwide sanghas. [More](#)



## **Shifting Your Pain Identity**

**An Excerpt from an Edited Transcript of a Recorded Live Webcast by Geshe Tenzin Wangyal Rinpoche, June 8, 2014**

*Does the role you play in life bring you more pain than peace and happiness? In this teaching from a June 8, 2014, live webcast, Tenzin Wangyal Rinpoche explains how you can move beyond an identification with pain and come closer to your true self. [More](#)*



## **Upcoming Webcast on October 11**

**Tenzin Wangyal Rinpoche on 'The Healing Power of Primordial Awareness'**

Mark your calendar for these upcoming webcasts with Geshe Tenzin Wangyal Rinpoche. You can participate in any of these free events by visiting the [live-broadcast page](#) on the Ligmincha Institute website.

[More](#)



## **Ligmincha Learning Six-Week Course Begins Oct. 13**

### **The Five Elements: Healing with Form, Energy and Light**

In this course Tenzin Wangyal Rinpoche explores 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. Each section of the course includes a video of Rinpoche's teaching, Rinpoche leading a guided meditation, readings from *Healing with Form, Energy and Light*, and assignments for journal writing, discussion, and formal and informal practice. The course is designed so that you may integrate study and practice into your everyday routine, learning at your own pace, yet enjoying the support of classmates and the course mentor.

[Learn more and register](#)



## **Tibetan Dream Yoga Begins Nov. 8**

### **GlideWing Online Four-Week Workshop**

In this four-week online GlideWing workshop, set for Nov. 8–Dec. 7, participants will explore and practice the ancient Bon Buddhist teachings of Tibetan Dream Yoga. This workshop, which includes personal guidance from Geshe Tenzin Wangyal Rinpoche, provides detailed instruction for dream yoga, including foundational practices done during the day.

[Learn more and view introductory video](#)

[Register](#)

Coming in January 2015: [Awakening the Sacred Body: The Tibetan Yogas of Breath and Movement](#)



## **Space Still Available for Special Winter Dzogchen Retreat** **First in Five-Part Dzogchen Series Begins with Ngondro**

Space is filling fast, but there is still time to register for the Winter Retreat 2014 with Geshe Tenzin Wangyal Rinpoche scheduled for Dec. 27, 2014–Jan. 1, 2015. This retreat, “The Experiential Transmission of Zhang Zhung, Part 1: Ngondro,” is the first in a special five-part series of this renowned Tibetan Bon Buddhist dzogchen teaching.

[More](#)



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## **Ngondro Practice Retreat or Individual Practice Retreat in January** **Resident Lama Geshe Tenzin Yangton to Guide Ngondro Retreat**

Immediately following our annual winter retreat with Geshe Tenzin Wangyal Rinpoche, you can extend your stay at Serenity Ridge Retreat Center to continue your practice of the ngondro, or for a personal practice retreat. [More](#)



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## **Links to New Portuguese and Spanish Translations of VOCL** **View August Issue**

Thanks to sangha members in Brazil, we bring you a new translation of the August issue of VOCL—now in Portuguese! We also continue to have the Spanish version available, thanks to sangha members in Mexico.

Be sure to look for links to the translated versions in our updated VOCL menu bar at the top of each issue. Links also will be added below the date of each VOCL as the translated versions become available.

**En Español:** Gracias a los miembros de la sangha de Brasil, les traemos una nueva traducción del ejemplar de Agosto de La Voz de la Luz Clara (VOCL) - ¡ahora en portugués! También continuamos teniendo la versión en español disponible, gracias a los miembros de la sangha en México.

Asegúrate de buscar los enlaces para las versiones traducidas en nuestra barra de menú actualizada de VOCL, arriba al inicio de cada ejemplar. Los enlaces también serán añadidos abajo de la fecha de cada ejemplar de VOCL conforme las versiones traducidas se vuelvan disponibles.

**Em Português:** Obrigado aos membros da sangha do Brasil, nós trazemos uma nova tradução da edição de Agosto da Voz da Clara Luz – agora em Português! Nós também continuamos a ter a versão em Espanhol disponível, graças aos membros da sangha do México.

Procure os links para as versões traduzidas em nossa barra de menu atualizada da Voz da Clara Luz (VOCL) no topo de cada edição. Os links também serão adicionados após a data de cada VOCL assim que as versões traduzidas estiverem disponíveis

[Read August VOCL in Portuguese](#)

[Read August VOCL in Spanish](#)



***Ligmincha Europe Magazine* ☐ Summer Issue**  
**Student-Teacher Relationship Featured**

The latest issue of *Ligmincha Europe Magazine* includes a lengthy article on “The Inner and Outer Spiritual Master” with teachings, questions, discussion and history regarding the student-teacher relationship. Many thought-provoking topics. It helps to print this one out!

[Enjoy this 40-page issue](#)



## Upcoming Retreats

### Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, headquarters of Ligmincha International, 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.

#### **Oct. 7–9, 2014**

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

#### **Oct. 10–12, 2014**

Fall Retreat – The Healing Power of Primordial Awareness  
*with Geshe Tenzin Wangyal Rinpoche*  
[Learn more and 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 and register](#)

**Nov. 6–9, 2014**

Trul Khor – Completing the Training: Tibetan Bon Yoga, Part 4  
*with Alejandro Chaoul-Reich joined by Geshe Tenzin Yangton*

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 and 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 and register](#)

**Jan. 2-18, 2015**

Ngondro Practice Retreat

*with Geshe Tenzin Yangton*

or Individual Practice Retreat

3-Day, 10-Day and 17-Day options available

[Learn more and 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

[Ridge website](#)

[Serenity](#)