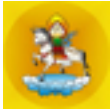


Teaching Issue

Volume 17, Number 3 / June 2017

[Read the full issue.](#)



Letter from the Editors Celebrating Twenty-Five Years

Dear Friends,

How time flies ... it's hard to believe Ligmincha is 25 years old this year! We looked back at some of the earliest Voice of Clear Light newsletters to find some memories to share with you. There are so many! [More](#)



Young Lama Has Big Dreams

An Excerpt from Tenzin Wangyal Rinpoche's Talk in Boston, May 1993

This teaching is an edited excerpt is from the Summer 1993 Voice of Clear Light newsletter. It gives us a glimpse of a young Tenzin Wangyal Rinpoche speaking of his life and his deep commitment to bringing the Bön teachings to the West.

First, I want to say a little bit about myself by way of an introduction. I was born in India of Tibetan refugee parents. In my early years, my father was Buddhist and my mother was Bön. I lived in a Buddhist community, a Tibetan settlement in northwest India, until I was 5 or 6. [More](#)



TWR LIVE Facebook Inspiring Many in Weekly Broadcasts

New Series on Dream Yoga

The latest TWR LIVE series, a two-month series on dream yoga, is being offered by Tenzin Wangyal Rinpoche June 6–August 8, 2017. [More](#)



25th Anniversary Celebration Includes October 22 Festivities **Registration Opens for Fall Retreat, Science and Spirituality Conference**

Please join us in celebrating Ligmincha's 25th Anniversary this fall, including a special day of festivities on October 22. Registration is now open for two retreats at Serenity Ridge: the annual Fall Retreat from October 18–21 and the Science and Spirituality Conference October 23–24. [More](#)



Next GlideWing Online Course Starts Soon: June 10– July 2

Three-Week Course on 'Tibetan Sound Healing'

The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “Tibetan Sound Healing,” will be held June 10–July 2, 2017. With Rinpoche’s personal guidance participants will learn to use the healing power of five sacred syllables known as the Five Warrior Syllables. [More](#)



Summer Service Retreat: June 18–23, 2017

Join in Joyful Service

Join us at Serenity Ridge on June 18–23, 2017, for a special service retreat prior to the annual [Summer Retreat](#). Participants in the full service retreat will receive 50 percent off the cost of registration for one week of the two-week Summer Retreat [More](#)



Summer Retreat Teachings on Dzogchen Pith Instructions and Bön Mother Tantra

June 25–July 8 with Practice Retreat Week to Follow

Both new and continuing students are warmly invited to gather at Serenity Ridge for a special summer retreat with Geshe Tenzin Wangyal Rinpoche. This year marks the 25th anniversary of Rinpoche’s founding of Ligmincha International.

Rinpoche has graciously agreed to teach on two topics this summer: pith instructions on the nature of mind (dzogchen) and teachings from Bön Mother Tantra. These are the focus of Rinpoche's own personal practice and the core of his teachings for the past 25 years. [More](#)



Next Ligmincha Learning Online Course Starts July 7

'Transforming Our Emotions Through the Six Lokas'

Sign up now for Ligmincha Learning's online course with Tenzin Wangyal Rinpoche on "Transforming Our Emotions Through the Six Lokas." This seven-week course runs from July 7–August 16, 2017. [More](#)



3 Doors Compassion Project Grows

Registration Open for Nine-Month Live Online Program

Following the success of a nine-month Compassion Project teaching in Bryn Mawr, Pennsylvania, The 3 Doors is pleased to announce a new live online Compassion Project program beginning September 17, 2017. Registration is now open.

The 3 Doors Compassion Project teaches caregivers practical meditation methods to maintain

their motivation and recharge their energy, so they can respond to whatever arises in the moment from a natural place of presence. [More](#)



Ligmincha Europe Magazine Spring Issue

Sangha News in Europe and Worldwide

This 36-page issue is full of great articles and pictures, including a spotlight article on the Long Life Ceremonies for His Holiness Menri Trizin Lungtok Tenpai Nyima Rinpoche and His Eminence Yongdzin Tenzin Namdak Rinpoche held in 2016.

[View newsletter as a PDF](#)



Tenzin Wangyal Rinpoche's 2017 Teaching Schedule

Several Upcoming European Retreats

Rinpoche will be teaching several retreats in Europe this summer. Here is a list of the upcoming August and September retreats:

- **August 7–13:** Buchenau, Germany, European Summer Retreat: Twenty-One Nails, Part 3 (of 3)
 - **August 15–19:** Wilga, Poland Retreat: Dream Yoga
-

- **August 20:** Warsaw, Poland Seminar: Dream Yoga
- **September 1–3:** Rome, Italy Seminar: Connecting to the Living Universe: Teachings on the Five Elements
- **September 9–10:** Budapest, Hungary Seminar: Tibetan Sound Healing and Long Life Practice of Tsewang Rigdzin

You can always find Rinpoche's teaching schedule by date and by location on the Ligmincha International website.

[View schedule by date](#)

[View schedule by location](#)



Spanish Translation of VOCL

Link to April Issue Now Available

[Read VOCL in Spanish](#)

We hope to have the translation of VOCL in Portuguese at a later date.

Look for the [translations of Voice of Clear Light newsletters](#) at the top of the [Voice of Clear Light website](#).



Upcoming Retreats

Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, Ligmincha International headquarters located in rural Nelson County, Virginia. To register or for more information, click on the links below, [email us](#) or call 434-263-6304.

June 18–23, 2017

Summer Service Retreat

Participants in the full service retreat will receive 50 percent off the registration cost for one week of Summer Retreat.

[Learn more](#)

June 25–July 8, 2017

Summer Retreat: Bön Dzogchen Pith Instructions & Sadhana of the Bön Mother Tantra with Geshe Tenzin Wangyal Rinpoche.

You are welcome to attend one or both weeks. If you can only attend one week, Tenzin Rinpoche recommends attending the first week. Live translation available in Spanish.

[Learn more/register](#)

July 9–15, 2017

Summer Practice Retreat with Geshe Tenzin Yangton

[Learn more/register](#)

October 18–21, 2017

Fall Retreat: The Knowledge and Wisdom of Longevity: Teachings and Empowerment from the Tsewang Jarima with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

October 22, 2017

Special Celebration: Ligmincha's 25th Anniversary

Join us for a day of celebration, including music, food, viewing of the new building, and more.

[Learn more](#)

October 23–24, 2017

Science and Spirituality Conference with Geshe Tenzin Wangyal Rinpoche and expert presenters

[Learn more/register](#)

December 27, 2017–January 1, 2018

Winter Retreat: The Experiential Transmission of the Zhang Zhung, Part 4 with Geshe Tenzin Wangyal Rinpoche

Prerequisite: Previous completion of Part 3 of the Experiential Transmission of Zhang Zhung series.

To register for any of the above retreats, or for more information about teachings in the Bön Buddhist tradition of Tibet, please [email the registrar](#), call 434-263-6304 or visit the [Serenity Ridge website](#) [w](#)