

## Volume 18, Number 4 / August 2018

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### Letter from the Editors

#### Openness, Wisdom and Creativity

Dear Friends,

Happy summer! As you can see in the gorgeous sunrise picture taken above Kunzang Khang, the new building at Serenity Ridge is a beautiful and magical place. Summer retreat was even more extraordinary this year with the addition of this beautifully designed and comfortable space. It was used for meals, for getting together, for the sound and video work, for the wonderfully successful auction and banquet, and much more.

This past spring at Serenity Ridge, Tenzin Wangyal Rinpoche taught on the Five Wisdoms. In this issue we feature “When the Heart Opens,” an edited excerpt from his oral teachings. [More](#)

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### When the Heart Opens

**An Edited Excerpt from Oral Teachings Given by Geshe Tenzin Wangyal Rinpoche,**

## Spring 2018

We always talk about being open with each other. This is something important. When we talk about being open or not being open, or the importance of being open to someone, when we use this word openness, we recognize a very common, although not particularly clear, secular meaning. But if we think about it in terms of the teachings, openness relates exactly to opening the eye of the wisdom of emptiness. [More](#)

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**Now Available!**

### ***Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities*, by Tenzin Wangyal Rinpoche**

Geshe Tenzin Wangyal Rinpoche's newest book, *Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities*, is now available either in hardcover or Kindle edition. Rather than the standard definition of creativity, the book looks at creativity through a wider lens, as a dynamic force that animates us and connects us with every being on the planet.

[More](#)

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### **Upcoming Retreats in Europe with Tenzin Wangyal Rinpoche**

### **International Sangha Group Photos**

Tenzin Wangyal Rinpoche has traveled and taught in Europe every summer for many years. The sanghas have grown not only in the number of locations, but also in size, as you can see in some recent photos below. The international sangha shines brightly across the world!

Here are the locations and topics for the upcoming retreats in August and September: [More](#)

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### **Heart Advice on the Five Wisdoms**

### **Live on Facebook – A Conversation with Teachers from Six Tibetan Spiritual Traditions**

On September 6, 2018, at 9 a.m. New York time, Tenzin Wangyal Rinpoche will host a free TWR LIVE conversation among teachers from six spiritual traditions of Tibet. The topic will be "Teachings, Practices and Heart Advice on the Five Wisdoms."

The esteemed presenters include Chakung Jigme Wangdrak Rinpoche (IANTRT – The International Association of Non-sectarian Tibetan Religious Tradition), Shechen Khenpo Yeshe Gyaltsen (Nyingma), Geshe Rinchen Ngudup (Gelug), [Yongey Mingyur Rinpoche](#) (Kagyu), Jonang Gyaltsab Rinpoche (Jonang), [Sangmo Yangri, Ph.D.](#) (Bön), and Khenpo Dakpa Senge (Sakya). [More](#)

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## **This September: The Bön Lineage Continues**

### **Commemoration for 33rd Menri Trizin, Enthronement for 34th**

Everyone is invited on September 3 and 4, 2018, to Menri Monastery in Dolanji, India where a ceremony will be held commemorating one year since the departure of His Holiness the 33rd Menri Trizin Lungtok Tenpai Nyima Rinpoche, who passed away last year. All followers and disciples are requested to reserve this important date, and are welcome to come to the monastery to pay their respects.

On September 6 and 7, 2018, the grand enthronement ceremony for His Holiness the 34th Menri Trizin Lungtok Dawa Dhargye Rinpoche will take place at Menri Monastery. All are invited and welcome to participate in this celebration. [More](#)

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### **Chamma Ling Colorado Offers Soul Retrieval Series**

#### **With Geshe Denma Gyaltsen, Resident Lama of Ligmincha Texas**

Three separate retreats are being offered at Chamma Ling Colorado in Crestone to teach participants the ancient Bön methods of divination, meditation and ritual of soul retrieval. The series is being taught by Geshe Denma Gyaltsen, resident lama of Ligmincha Texas.

- **Life-Force Ransom (Chi Lu)**, October 4–7, 2018. [More](#)
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## New Video and Sound Equipment at Serenity Ridge

### View Short YouTube Videos from Summer Retreat

With the latest in new camera technology and recording equipment, Salvador Espinosa and friends created beautiful videos of Rinpoche and surroundings at the Serenity Ridge Summer Retreat. Here are a few gems:

July 14: [Serenity Ridge Welcomes You](#)

July 6: [The Best Question: Who is Suffering ?](#)

July 5: [Doubt and Answers](#)

July 5: [Clearing, Connecting, Enjoying the 5 Tsa Lung Exercises](#)

July 3: [Flipping the Switch of Awareness in Meditation Practice](#)



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## Upcoming Fall Retreat at Serenity Ridge October 16–21

### 'Powa: The Transference of Consciousness'

Register by August 16 to receive the early-bird discount for this six day retreat October 16–21 with Tenzin Wangyal Rinpoche on "Powa: The Transference of Consciousness." The powa teachings, from the Bön Mother Tantra, or Ma Gyü, are known to be particularly detailed, powerful and in-depth. [More](#)



## Two Tibetan Yoga Retreats in November at Serenity Ridge

### Part 1 for Everyone Plus Concurrent Part 2 Training

Two Tibetan Yoga (trul khor) retreats will be offered at Serenity Ridge in November. The retreats will be held concurrently, with Part 1 set for November 1–4 and Part 2 held November 2–4. Similar to last year, they will be taught by Alejandro Chaoul-Reich,, Ph.D, a senior student of Tenzin Wangyal Rinpoche who has been teaching these retreats for more than 20 years. He will be assisted by Rob Patzig, president and board chair of Ligmincha International, an experienced yoga teacher and trul khor practitioner. [More](#)

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## New Book by Alejandro Chaoul Now Available

### *Tibetan Yoga for Health & Well-Being*

A new book by Alejandro Chaoul, Ph.D., director of research for Ligmincha International and senior student of Tenzin Wangyal Rinpoche, is now available.

*Tibetan Yoga for Health & Well-Being: The Science and Practice of Healing Your Body, Energy, and Mind*, focuses on the five principal breaths of Tibetan yoga and how special body movements for each of these breaths engage the five chakras in our body. Photos of each of the 16 movements are provided for reference, plus tips on how to keep your practice alive in the midst of your everyday life. [More](#)

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## Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

### Upcoming Teachings for August–October 2018

Rinpoche's 2018 teaching schedule by date and location is available on the [Ligmincha International website](#).

The schedule includes Rinpoche's in-person teachings at Ligmincha International retreat centers or other locations throughout the world. It also includes his online teachings offered through Ligmincha Learning and GlideWing, plus information about free [TWR LIVE](#) teachings offered regularly through Rinpoche's Facebook page.

[More](#)



## New Online Tibetan Language Bön Prayers Course

### September 22–October 21 with Geshe Denma Gyaltsen

Students from across Ligmincha's international sangha can deepen their connection to the practice and study of Bön by participating in a new online Tibetan Language Bön Prayers course through Ligmincha Learning. The course, to be held on five Sundays from September 23–October 22, 2018, will be taught by Geshe Denma Gyaltsen, resident lama of Ligmincha Texas.

Students will learn the correct pronunciation and melody of Bön daily prayers and encounter their meaning through Tibetan stories and word study. [More](#)

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### **Ligmincha Learning's 'The Three Heart Mantras' Starts Soon!**

**August 17–September 22 with Tenzin Wangyal Rinpoche**

Ligmincha Learning is pleased to offer a five-week online course, “The Three Heart Mantras,” from August 17–September 22, 2018. The Three Heart Mantras are used in many different meditations in the Tibetan Bon Buddhist tradition and play a major role in the ngöndro (preliminary) practices. [More](#)

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### **GlideWing 'Tibetan Sound Healing' Begins August 11**

**'Awakening the Sacred Arts' Begins September 29**

The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “Tibetan Sound Healing,” will be held August 11–September 2, 2017. With Rinpoche’s personal guidance you will learn to use the healing power of five sacred syllables known as the Five Warrior Syllables. [More](#)

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## Lishu Institute's Fall Curriculum

### Sangmo Yangri Discusses Bön Lam Rim

*The June issue of VOCL contained an article about the [new curriculum of Lishu](#) Institute starting this fall. Lishu, founded by Tenzin Wangyal Rinpoche, is Ligmincha's residential retreat center in northern India dedicated to intensive practice and study of Tibetan Bön Buddhism. Here, Lishu's resident translator and teacher Sangmo Yangri discusses one of the texts that will be studied during the fall 2018 session.*

In September 2018, within the framework of a new curriculum, Lishu Institute will offer during the fall 2018 session a new teaching, on the Bön Lam Rim combined with an intensive Zhang Zhung Nyen Gyü Ngöndro (preliminary practices) retreat practice. [More](#)



## The 3 Doors

### Research and Current Programs

Within the rapidly expanding field of research on mindfulness and meditation, The 3 Doors research team is studying the effects of 3 Doors Tibetan meditation programs and practices on people's lives in relation to self, others (family/friends/colleagues) and the larger community.

Also register for several upcoming 3 Doors programs. [More](#)



**View *Ligmincha Europe Magazine's* Spring 2018 Issue**

**Featuring Worldwide Sangha News**

[Download the magazine as a PDF here](#)

[Read it on your screen here](#)

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**Spanish Translation of VOCL**

**Link to June Issue Now Available**

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

[Read VOCL in Spanish](#)

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**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.

**October 16–21, 2018**

### **Fall Retreat: Powa: The Transference of Consciousness**

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

**November 1–4, 2018**

### **Trul Khor: Tibetan Yoga for Health & Well-Being, Part 1**

with Alejandro Chaoul-Reich

[Learn more](#)

**November 2–4, 2018**

### **A-Tri Trul Khor: Part 2**

with Alejandro Chaoul-Reich

[Learn more](#)

**December 26, 2018–January 1, 2019**

### **Winter Retreat: The Experiential Transmission of Zhang Zhung, Part 5**

with Geshe Tenzin Wangyal Rinpoche

*Prerequisite: Previous completion of Parts 1, 2, 3 and 4 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](#)