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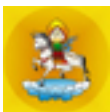
Letter from the Editors

Auspicious New Beginnings in 2018

Dear Friends,

We have lots of wonderful news to start the New Year!

On January 1, 2018, the new 34th Menri Trizin was announced: His Holiness Geshe Dawa Dhargyal Rinpoche. You can learn more below about the selection process, as well as some of the details of his life growing up in Tibet and coming to India. [More](#)



Bönpos Welcome His Holiness Geshe Dawa Dhargyal Rinpoche as 34th Menri Trizin

E MA HO!

The Bön community worldwide welcomes His Holiness Geshe Dawa Dhargyal Rinpoche as the 34th Menri Trizin (abbot of Menri Monastery and holder of the Bön lineage). His January 1 selection from among 64 candidates followed a process that included prayers and rituals to Bön deities and protectors. [More](#)



□ Longevity, Well-Being and Finding Freedom

An Edited Excerpt from Oral Teachings Given by Geshe Tenzin Wangyal Rinpoche, Fall 2017

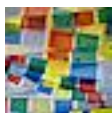
It's definitely true that as humanity – as a society and as individuals – we do want to live as long as possible, and as well as possible. We want to learn as much as possible, serve as much as possible and live with each other in harmony as much as possible. That's for sure, there's no question about it. But it seems like it's limiting yourself if you are always thinking about trying to keep your body alive forever. First of all, it's not going to happen. Second, you might be wasting your time and also draining your energy faster than necessary. Sometimes, the more you struggle with life and aging and its many challenges, the more you are going to drain your energy rather than preserving it. [More](#)



New Projects on the Horizon Letter from Ligmincha International President Rob Patzig

Dear Sangha and Friends,

The year 2018 has begun with an extraordinary event! Last fall we entered a period of mourning and reflection as on September 14 His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin Rinpoche, passed away. And while no one can replace His Holiness Lungtok Tenpai Nyima Rinpoche, we rejoice in the appointment of his successor, the 34th Menri Trizin, His Holiness Geshe Dawa Dhargyal Rinpoche. [More](#)



☐☐ Losar 2018

Welcome the Tibetan New Year February 17 on Ligmincha's Facebook Page

All are invited to join Geshe Tenzin Wangyal Rinpoche, Ligmincha resident lamas and Ligmincha President Rob Patzig in a special live broadcast on Ligmincha International's Facebook page for joyfully ushering in the Tibetan New Year, the Year of the Earth Dog. [More](#)



☐ 'Sherap Chamma: Mother of Wisdom and Love'

Serenity Ridge Retreat February 16–18 with Marcy Vaughn

Sherap Chamma, Mother of Wisdom and Love, is the source of wisdom, and her medicine is love and compassion. The teachings of Sherap Chamma comprise one of the most important tantric cycles of the ancient Bön tradition.

Marcy Vaughn, senior student of Tenzin Wangyal Rinpoche, will help participants learn a beautiful and simple meditation practice enabling each to directly connect with the divine feminine energy. [More](#)



□ Upcoming Spring Retreats Focus on 'The Five Wisdoms'

Retreats at Serenity Ridge in Virginia and Vienna, Austria

Join Geshe Tenzin Wangyal Rinpoche in exploring “The Five Wisdoms” this spring. Rinpoche will teach on the topic at the Serenity Ridge Spring Retreat April 13–15 and in Vienna, Austria May 11–13.

Wisdom has a specific meaning in dzogchen: the recognition of the natural state, one’s true nature. It does not refer to something we come by gradually or with age or experience; rather, it describes the recognition of the complete perfection in this moment, in any given moment. [More](#)



□ □ ‘Ngöndro: The Foundational Practices’

New Ligmincha Learning Online Course Starting in March!

Ligmincha Learning is pleased to offer a NEW online course, “Ngöndro: The Foundational Practices.” This completely new course will begin March 2 and will continue for nine months until December 2, much longer than other online courses, due to the number of meditation practices and the commitment of the practitioners to accumulate 100,000 repetitions of many of the practices. Registration is now open for this course! [More](#)



February GlideWing Workshop

'The Truth That Sets You Free: Discovering Your Inner Wisdom Through Practices of Waking and Sleeping '

The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “The Truth That Sets You Free: Discovering Your Inner Wisdom Through Practices of Waking and Sleeping,” will be held February 17–March 11, 2018. [More](#)



▯ TWR LIVE Pith Instructions Continue in 2018

Free Facebook Broadcasts with Tenzin Wangyal Rinpoche

Tenzin Wangyal Rinpoche plans to continue offering teachings in his Pith Instructions series on TWR LIVE this year. View the three January teachings in this live Facebook series in the Ligmincha Learning website's [archive of recordings](#) , and look for more to come. [More](#)



▯ 'Meditation as Medicine' Research Study Results

Pain Reduced by One-Third Among Online Workshop Participants

In summer 2016, Tenzin Wangyal Rinpoche and GlideWing Online Workshops offered a three-week online workshop featuring Bön Buddhist teachings and meditation practices for reducing physical and emotional pain. A formal research study was conducted to determine the effects of the workshop.

The findings showed that participants' physical and emotional pain were reduced by more than one-third after three weeks, and that the effects persisted after the workshop. [More](#)



□ A Meeting of Hearts and Minds

'Common Ground Among Six Spiritual Traditions of Tibet'

On January 3, 2018, acclaimed Tibetan Buddhist teachers from six diverse Tibetan spiritual traditions participated in a TWR LIVE discussion of the common ground between their respective traditions — Sakya, Gelug, Kagyu, Nyingma, Jonang and Yungdrung Bön. The live broadcast was recorded and can be viewed via the links below. [More](#)



Lishu Institute's New Curriculum

Interviews with Tenzin Wangyal Rinpoche and Sangmo Yangri

Lishu Institute, Ligmincha's residential retreat center for intensive practice and study of Bön in Northern India, will complete its first three years of teaching and study in June and will begin a new cycle in September 2018.

The curriculum has been revised, and participants are now able to apply for any of the three 10-week cycles offered during a year, as well as for the entire yearly cycle of study. [More](#)



□ The 3 Doors in the New Year

New Report, Online Meditation and North American Academy

As The 3 Doors greeted the New Year in January, *Outlook Report 2018* offered a colorful summary of where the organization has been and where it is going. The 3 Doors, founded by Tenzin Wangyal Rinpoche, teaches ancient Tibetan meditation methods that are relevant to modern life. [More](#)



□ Tenzin Wangyal Rinpoche's Teaching Schedule

Upcoming Retreats for February–May 2018

Tenzin Wangyal Rinpoche's new 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. A schedule of free TWR LIVE teachings offered regularly through Rinpoche's Facebook page can be found on [Ligmincha Learning](#) as broadcasts are scheduled.

[More](#)



□ *Ligmincha Europe Magazine Autumn 2017*

Featuring Worldwide Sangha News

Enjoy the latest issue, published in late December 2017.

[View here](#)



Spanish Translation of VOCL

Link to December Issue Now Available

Look for the [translations of Voice of Clear Light newsletters](#) at the top of the [Voice of Clear Light website](#). We hope to have the translation of VOCL in Portuguese at a later date.

[Read VOCL in Spanish](#)



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.

February 16–18, 2018

Special Retreat: Sherap Chamma: Mother of Wisdom and Love

with Marcy Vaughn

[Learn more/register](#)

April 13–15, 2018

Spring Retreat: The Five Wisdoms

with Geshe Tenzin Wangyal Rinpoche

Learn more/register

June 24–July 7, 2018

Summer Retreat: Tummo: Inner Fire of Realization

with Geshe Tenzin Wangyal Rinpoche

October 17–21, 2018

Fall Retreat: Powa: Transfer of Consciousness from the Bön Mother Tantra

with Geshe Tenzin Wangyal Rinpoche

December 27, 2017–January 1, 2018

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](#).