

## Volume 18, Number 3 / June 2018

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### Letter from the Editors

### Tenzin Wangyal Rinpoche's New Book Available in July!

Dear Friends,

This issue features a special excerpt from Tenzin Wangyal Rinpoche's beautiful new book: *Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities*, published by Hay House, Inc. The book will be available on July 17.

[More](#)

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### 'Connecting to the Source'

### An Excerpt from Tenzin Wangyal Rinpoche's Upcoming Book, *Spontaneous Creativity*

*The following is an excerpt from Chapter 1 of Tenzin Wangyal Rinpoche's upcoming new book,*

Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities

, published with permission by Hay House, Inc. (

[www.hayhouse.com](http://www.hayhouse.com)

). The book will be available July 17, 2018, through

[amazon.com](http://amazon.com)

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Creativity is the food of joy. When we are creative, we express the joy of being alive. We are all creative at the core.

But what is creativity, exactly? Is it an artist toiling in her loft, a composer hunched over his piano, your grandmother icing a cake, your neighbor planting a garden? Without doubt, these are all creative endeavors. But in the Bön Buddhist tradition creativity is far more than a display of specific skills or talents or behavior. It is an expression of our state of being—who we truly are. [More](#)



**Available July 17: New Book by Tenzin Wangyal Rinpoche!**

### ***Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities***

Geshe Tenzin Wangyal Rinpoche's newest book, *Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities*, will soon be available. 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](#)



## **New Book by Alejandro Chaoul Also Available July 17**

### ***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, will be available July 17.

*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, as well as tips on how to keep your practice alive in the midst of your everyday life. [More](#)



## **Two Announcements from Menri Monastery in India**

### **September Commemoration for 33rd Menri Trizin and Enthronement for the 34th**

On September 3 and 4, 2018, Menri Monastery will host a ceremony commemorating one year since the departure of our great guide, refuge and protector, His Holiness the 33rd Menri Trizin Lungtok Tenpai Nyima Rinpoche, who passed away last year. His Holiness was the worldwide spiritual leader of the Bön tradition and abbot of Menri Monastery in Dolanji, India. He died September 14, 2017. 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. [More](#)

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## **New Kunzang Khang (House of All Goodness) Opens at Serenity Ridge**

### **Enjoy the Photographs!**

After years of planning, fundraising and more than a year and a half of construction, the new multipurpose building at Serenity Ridge Retreat Center, headquarters of Ligmincha International, opened its door April 12 with a special blessing and ribbon-cutting ceremony. [More](#)

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## **Summer Tummo Retreat at Serenity Ridge Begins June 23**

### **Registration Opens June 7 for Fall Powa Retreat**

There is still time to register for a very special retreat this summer at Serenity Ridge in Charlottesville, Virginia: "Tummo: The Inner Fire of Realization." The retreat runs June 23–July 7, followed by a five-day practice retreat from July 7–12.

Tummo refers to inner heat, and its teachings are designed to burn away subtle obscurations and cultivate bliss. [More](#)



## **Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule**

### **Visiting Six Countries from June to September**

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

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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](#)



### **Ligmincha Learning's 'Five Elements' Begins June 22**

### **Look for New Tibetan Language Course in September!**

Ligmincha Learning will offer an online course on "The Five Elements: Healing with Form, Energy and Light," starting June 22, 2018. The six-week course with Tenzin Wangyal Rinpoche will continue through August 3. [More](#)



## **Next GlideWing Course with Tenzin Wangyal Rinpoche**

### **'Healing From the Source' Starts June 30**

GlideWing's next three-week online workshop on "Healing From the Source: Meditation as Medicine for Mind and Body" will be held June 30–July 22. The focus is on cultivating loving-kindness as a means for preventing and healing both physical and emotional pain. [More](#)

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## **TWR LIVE: Next Pith Instructions Teachings on June 7**

### **Subscribe to New Email Service to Stay Informed**

TWR LIVE is an innovative way to connect with Tenzin Wangyal Rinpoche, the ancient Tibetan teachings and fellow students around the world through regular live broadcasts that can be easily viewed on Rinpoche's Facebook page. [More](#)

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## **New Research on Tibetan Meditation**

### **Improvement Shown for Cancer Patients and Caregivers**

An integrative medicine research study from the University of Texas MD Anderson Cancer Center recently concluded that cancer patients and their caregivers had “clinically significant reduction and improvement” in global distress, fatigue, anxiety and shortness of breath when they practiced the Tibetan meditation methods of Nine Breathings of Purification, sacred sounds (A, OM and HUNG) or tsa lung (Tibetan yoga) in a group meditation class. [More](#)

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### **The 3 Doors Opens New Programs Online and In Person**

#### **North American Academy, 5 Wisdom Breath Energies and Walking the Healing Path**

The 3 Doors is pleased to announce several new programs for English and Spanish speakers. The online programs are easy to access – you just need an Internet connection to join the video conference sessions. Class sizes are small to allow personal attention and sharing of experiences. [More](#)

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### **Lishu Institute in India Begins New Curriculum in September**

#### **Participants Can Apply for Any 10-Week Cycle**

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](#)

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**View *Ligmincha Europe Magazine* New Issue Online**

**Featuring Worldwide Sangha News**

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

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**Spanish Translation of VOCL**

**Link to April 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.

**June 18–22, 2018**

**Summer Service Retreat**

[Learn more/register](#)

**June 23–July 7, 2018**

**Summer Retreat: Tummo: Inner Fire of Realization**

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

**July 7–12, 2018**

**Summer Tummo Practice Retreat**

with Geshe Denma Gyaltzen

[Learn more/register](#)

**July 7–12, 2018**

**Summer Personal Practice Retreat**

[Learn more/register](#)

**October 16–21, 2018**

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

with Geshe Tenzin Wangyal Rinpoche

[Learn more](#)

Registration opens June 7 at 5 p.m.

**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](#)