

Volume 19, Number 4 / August 2019

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Letter from the Editors

Thankful That the Future of Bön is in Good Hands!

Dear Friends,

What a gorgeous summer! At the many Ligmincha centers around the world, students of Tenzin Wangyal Rinpoche had a chance to meet and be with the enthroned head of the Bön lineage – His Holiness Lungtok Dawa Dhargyal Rinpoche, the 34th Menri Trizin. This was a beautiful first for him and for so, so many Bön students throughout Europe, the U.S. and Mexico. So many.

[More](#)



An Interview with H.H. Lungtok Dawa Dhargyal Rinpoche

The 34th Menri Trizin at Serenity Ridge, June 29, 2019

The Voice of Clear Light team was very grateful for the chance to speak with His Holiness one evening during the 2019 Summer Retreat at Serenity Ridge. His warmth and kindness, along with his openness to all of our questions, was natural and also remarkable. [More](#)



Picture Perfect!

His Holiness Teaches and Meets Bön Students Around the World

His Holiness Lungtok Dawa Dhargyal Rinpoche, the 34th Menri Trizin, began his Europe and North American teaching tour on May 24, 2019. He has visited many Tibetan dharma centers in a number of countries, including Ligmincha centers in Poland, Germany, the United States and in Mexico. [More](#)



A Sangha Sharing Tribute

For His Holiness Lungtok Dawa Dhargyal Rinpoche

In the last hours before putting together this issue, VOCL asked a handful of sangha members to share a sentence or two about what first came to mind regarding their own experience of being with His Holiness, the 34th Menri Trizin. Please enjoy the montage of voices below.

We invite YOU if you're inspired to send us a few words of your personal experience to be shared with everyone in the next issue of the Voice. Just [send us an email](#). [More](#)



Introducing CyberSangha

New Name and Website for Rinpoche's Webcasts and Social Media

Reflecting Tenzin Wangyal Rinpoche's deep personal commitment to offer free access to his teachings for anyone in the world who might benefit from them, Rinpoche will soon apply a new name to his ongoing program of social media activities: CyberSangha. A new CyberSangha website, to be launched in coming weeks, will serve as a portal to all of Rinpoche's social media activities and online supports. [More](#)



New Sacred Sky Books Available August 15 Through Online Bookstore

The 33rd Menri Trizin's Dzogchen Teachings and the Journey of Tonpa Shenrap's Daughter

Two new books published by Sacred Sky Press, a division of Ligmincha International, will be available online through Ligmincha's Bookstore & Tibet Shop after August 15. *Living Wisdom: Dzogchen Teachings from the 33rd Menri Trizin, His Holiness Lungtok Tenpai Nyima Rinpoche*, contains excerpts from His Holiness's teachings at Serenity Ridge. *Escape from Darkness: The Spiritual Journey of the Buddha's Daughter, Shenza Nechung*, is the translation by Sangmo Yangri, Ph.D., of part of an ancient text about Tonpa Shenrap.

Check back here after August 15 for a new link to the online Bookstore and these two books.

[More](#)



Audio Book of *Spontaneous Creativity* Now Available

New Book Narrated by Marcy Vaughn

Tenzin Wangyal Rinpoche's second audio book, *Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities*, is now available! The book, in unabridged audible format, is narrated by Marcy Vaughn, a senior teacher and student of Rinpoche and editor of the printed book, which was published in 2018.

[More](#)



Dzogchen Practice Retreat: Turning Inward

Registration for 2019 Winter Retreat Now Open

Registration for Winter Retreat, to be held December 26, 2019–January 1, 2020, is now open! Geshe Tenzin Wangyal Rinpoche warmly invites everyone to join him for a dzogchen meditation and practice retreat in an atmosphere of introspective silence. [More](#)



Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

August Through October 2019

Here is a list of Rinpoche's upcoming retreats through October 2019. It 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 or GlideWing.

[More](#)



Tenzin Wangyal Rinpoche LIVE

Upcoming Broadcasts on Facebook

Tenzin Wangyal Rinpoche invites you to connect with him, the ancient Tibetan teachings and fellow students around the world through regular live broadcasts that can be easily viewed on [Rinpoche's Facebook page](#)

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Each of the scheduled broadcasts shown below includes a teaching and guided meditation and is free and open to all [More](#)



Lishu Institute 2019–2020 Retreats

Range of Short and Longer Retreat Options Available

Lishu Institute, Ligmincha's residential retreat center for practice and study of Tibetan Bön teachings, is launching a new retreat program for 2019–2020 featuring a range of offerings.

Since it is often challenging for retreat-goers to find extended periods of time for retreats, Lishu is now offering retreats for two months, one month or two weeks. [More](#)



Lots Happening This Fall at Serenity Ridge!

Annual Fall Retreat, Tibetan Yoga Retreats, Special Retreat with H.E. Menri Ponlop Rinpoche

Serenity Ridge is pleased to offer three retreats in October and November. They include Fall Retreat teachings on the bardo with Tenzin Wangyal Rinpoche, a teaching on dzogchen pith instructions with His Eminence Menri Ponlop Trinley Nyima Rinpoche, and two Tibetan yoga (trul khor) retreats. [More](#)



GlideWing Online Workshop 'Tibetan Sound Healing' Starts August 10

Three-Week Workshop with Tenzin Wangyal Rinpoche

The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, "Tibetan Sound Healing," will be held August 10–September 1, 2019. With Rinpoche's personal guidance you will learn to use the healing power of five sacred syllables known as the Five Warrior Syllables.

[More](#)



Next Ligmincha Learning Online Course Begins August 23

'Treasures of Bön: History, Lineage & Practices'

Ligmincha Learning is pleased to offer an online course on "Treasures of Bön: History, Lineage & Practices," for anyone who would like to learn more about or deepen their existing knowledge of this ancient, profound tradition. The five-week online course runs from August 23–September 29, 2019. [More](#)



News from The 3 Doors

European Academy Graduates, Register for Compassion Project

Congratulations to the graduates of the European 3 Doors Academy! The group of 22 participants completed their two-and-one-half-year program of group retreats, personal practice and transformation, and growing community under the guidance of senior teachers Raven Lee, Marcy Vaughn and Laura Shekerjian. [More](#)



Student and Teacher

Together on the Path

As students on the Tibetan Bön Buddhist path, we offer our teachers a range of questions from the simple to the complex. Here we share an edited excerpt of a question and answer from the 2019 Summer Retreat at Serenity Ridge related to how we, as students on the path, can support and help those we care about. [More](#)



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 [VOCL](#) website.

[Read VOCL in Spanish](#)



Upcoming Retreats

Serenity Ridge Retreat Center

The events 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, visit the [Serenity Ridge website](#) (scroll down to EVENTS section), [email us](#) or call 434-263-6304.

October 22–27, 2019

Fall Retreat—Guidance for Living and Dying: Commentary on the Bardo Teachings
with Geshe Tenzin Wangyal Rinpoche

November 8–10, 2019

Special Retreat—Pith Instructions from the Golden Advice
with H.E. Menri Ponlop Trinley Nyima Rinpoche

November 8–11, 2019

Tibetan Yoga, Part 2 and Part 3

with Alejandro Chaoul-Reich and Rob Patzig

December 26, 2019–January 1, 2020

Winter Retreat—Dzogchen Practice Retreat: Turning Inward

with Geshe Tenzin Wangyal Rinpoche

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