

## Volume 19, Number 5 / October 2019

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### Letter from the Editors

#### New Bön Stupa Consecrated at Serenity Ridge

Dear Friends,

We are so happy to share more about the recently completed stupa, or chorten, at Serenity Ridge, the first Bön stupa in the United States and Ligmincha's fifth stupa worldwide. The consecration of this beautiful stupa was performed during this past summer retreat by His Holiness the 34th Menri Trizin, Lungtok Dawa Dhargyal Rinpoche, while he was visiting and teaching here with Tenzin Wangyal Rinpoche. The creation of this landmark Bön stupa was sponsored by sangha member Vicki Wheaton [More](#)

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### Approaching Death Free of Attachment

#### An Edited Excerpt from Oral Teachings by Tenzin Wangyal Rinpoche, July 2000

This retreat is a wonderful opportunity for us to have [now His Eminence] Yongdzin (Lopon) Tenzin Namdak Rinpoche here, especially for those of you who don't know him. Yongdzin Rinpoche is the principal teacher of the Bön Buddhist tradition, and for me personally, he has been my root master and the person who cared for me when I was growing up. This morning I was making a little pancake for breakfast for him, and he said, "Oh, this is what I used to make for you!" [More](#)



## **A Stupa (*Chorten*) at Serenity Ridge**

### **First Bön Stupa in US Consecrated During Summer Retreat**

Stupas, or *chorten* in the Tibetan language, are an important part of Bön and Himalayan culture. Serenity Ridge Retreat Center, headquarters of Ligmincha International, now has its own stupa—the first Bön stupa in the United States and Ligmincha's fifth stupa worldwide. The new stupa was consecrated during the 2019 Summer Retreat in a ceremony that included His Holiness Dawa Dhargyal Rinpoche, Tenzin Wangyal Rinpoche and his family, and many monks.

[More](#)

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## **Ligmincha's Online Store Opens!**

### **Two New Sacred Sky Books Available**

Ligmincha's online store is now open and offering a range of books and media related to Tibetan Bön Buddhism. More than 40 books and audio are now available, and more offerings will continue to be added in the future.

Among the offerings are two new books by Sacred Sky Press, a division of Ligmincha International. [More](#)

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## Improvements to the Great Stupa for World Peace

### Ways You Can Contribute to This Fundraiser

The Great Bön Stupa for World Peace in Valle de Bravo, Mexico, was consecrated on December 4, 2010. Now, Ligmincha Mexico has a program to improve the retreat center and also allow groups and individuals to generate merit by sponsoring a series of new stupas. [More](#)

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## The Creation of Kunzang Khang

### In Remembrance of Project Manager Grover Overstreet

Enjoy these photos of Kunzang Khang, the beautifully designed multipurpose building at Serenity Ridge Retreat Center, headquarters of Ligmincha International. We also share a few sangha memories in remembrance of Grover Overstreet, who was the project manager on the construction of Kunzang Khang, which took place over a year and a half period. He passed away from cancer on September 1. [More](#)

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## Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

### October Through December 2019

Here is a list of Rinpoche's upcoming retreats through December 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](#)

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### Four Upcoming Retreats at Serenity Ridge

#### Annual Fall and Winter Retreats, H.E. Menri Ponlop and Tibetan Yoga

Serenity Ridge is offering four upcoming retreats this October through December. They include Fall Retreat teachings on the bardo with Tenzin Wangyal Rinpoche, a dzogchen teaching with His Eminence Menri Ponlop Trinley Nyima Rinpoche, two Tibetan yoga (trul khor) retreats and a Winter Retreat dzogchen retreat, open to all, with Tenzin Wangyal Rinpoche. [More](#)

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### Ligmincha Learning Online Course Begins October 4

#### 'The Five Elements: Healing with Form, Energy and Light'

Ligmincha Learning is pleased to offer an online course with Geshe Tenzin Wangyal Rinpoche on “The Five Elements: Healing with Form, Energy and Light,” from October 4–November 19, 2019. The five elements—earth, water, fire, air and space—pervade our lives, are the essences of our being and can be sources of profound healing. [More](#)

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### **Tibetan Language Bön Prayers: The Invocation of Tapihritsa**

### **New Ligmincha Learning Course with Geshe Denma Gyaltsen and Bob Clark**

The Tibetan Language Bön Prayers Program is pleased to announce a new online course focusing on the Invocation of Tapihritsa taught by Geshe Denma Gyaltsen, the resident lama of Ligmincha Texas. It will be offered October 20–November 17 through Ligmincha Learning. There is no prerequisite for the course. [More](#)

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### **GlideWing 'Tibetan Dream Yoga' Starts November 16**

### **Four-Week Online Workshop with Tenzin Wangyal Rinpoche**

“Tibetan Dream Yoga,” an online workshop with Geshe Tenzin Wangyal Rinpoche offered through GlideWing, will be held November 16–December 15, 2019. Learn and practice from

your own home, at your own schedule, with personal guidance from Geshe Tenzin Wangyal Rinpoche. [More](#)

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## **The Three Doors New Online Course**

### **‘The Healing Power of Silence’ with Gabriel Rocco**

A new six-week self-guided online course with 3 Doors senior teacher Gabriel Rocco will be offered December 6, 2019–Jan 17, 2020 (with a break on December 27). This new 3 Doors course will support participants in recognizing patterns of inner and outer speech and how to use precision of attention to rest in powerful, transformative inner silence. [More](#)

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## **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 excerpt from the transcript of oral teachings given by Geshe Tenzin Wangyal Rinpoche at the 2003 Spring Retreat at Serenity Ridge on "Guidance for Living and Dying: Commentary on Bardo Teachings from the Bön Mother Tantra." [More](#)

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## **Ligmincha Europe Magazine #29**

**Summer 2018 – Summer 2019**

Enjoy a full year of articles and pictures [online](#) or download the [pdf here](#) .

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## **Spanish Translation of VOCL**

### **Link to August Issue Now Available**

Look for the [translations of Voice of Clear Light Newsletters](#) at the top of the [VOCL](#) website.  
[Read VOCL in Spanish](#)

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## **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](#) , [email](#) 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 7, 2019**

**Tibetan Yoga Practice Day**  
with Rob Patzig

**November 8–10, 2019**

**Special Retreat—Pith Instructions from the Golden Advice**  
with H.E. Menri Lopon 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](#) , [email the registrar](#) or call 434-263-6304.