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Letter from the Editors

Presence Heals

Dear Friends,

It is a difficult time for so many people due to the increasing spread of the coronavirus, COVID-19. How do we handle the new situations arising without fear or panic? In a recent webcast Tenzin Wangyal Rinpoche advised everyone to reflect on their lives and to be mindful of your fear – because “fear is absolutely the immediate manifestation of ignorance.” [More](#)



‘Facing Fear, Finding Peace’

Excerpt from a Special March 15 Facebook Broadcast with Tenzin Wangyal Rinpoche

I hope all of you are all doing well at your home safe. This moment is very unsettling globally. The coronavirus [COVID-19] impact globally is affecting everybody’s life and bringing up so much fear in society. I think this clearly is a great moment for us to reflect in our life. It is the universe’s teaching to us. [More](#)



An Important Letter from Tenzin Wangyal Rinpoche

Cancellation of European Retreats and Sabbatical Change

Following is a letter from Geshe Tenzin Wangyal Rinpoche to the Ligmincha International sangha related to the cancellation of his retreats scheduled in a number of European countries this spring. All of these retreats will be rescheduled in 2021. Rinpoche had previously announced plans for a yearlong sabbatical in 2021. Instead, he will be taking six months off in 2020 and six months in 2021. [More](#)



Online Spring Retreat Open to All

‘Discovering the Melody of Silence’ with Tenzin Rinpoche on Zoom

Join us for Geshe Tenzin Wangyal Rinpoche's first online retreat April 3, 4 and 5. To make this retreat available to as many people as possible, we are using a new, tiered pricing model letting you pay an amount from \$0 to \$300. Pay what you can. See below for how to choose your payment pricing when registering. Simultaneous translation will be offered in French, German, Italian, Polish, Portuguese and Spanish. [More](#)



Tenzin Wangyal Rinpoche’s Worldwide Teaching Schedule

April Through September 2020

Geshe Tenzin Wangyal Rinpoche’s 2020 Schedule by Date is available on the [Ligmincha website](#), with location, teaching topic and contact information. Rinpoche's schedule also is available as individual

[Events](#) boxes on the website – the ones with photos have complete information; information about others is still to come.

[More](#)



Next Full Moon Practice of Sherap Chamma April 8

International Sanghas Host Monthly Zoom Practices Throughout 2020

On April 8, 2020, and each subsequent full moon of 2020, join us online for meditation followed by a 24-hour mantra recitation session. This is a precious opportunity to engage in the healing practice of Sherap Chamma, Mother of Wisdom and Love. Each session starts at 10 a.m. New York time on the day of a full moon [More](#)



Expanding Opportunities for Practice

New Ligmincha Learning Website and Language Options

Ligmincha Learning is please to share two major initiatives that have been under way and are now bearing fruit. First is a whole new look and feel to the website. And second is offering courses with subtitles in languages other than English. [More](#)



Two New Mandalas in Kunzang Khang

From Mexico to Serenity Ridge

Serenity Ridge has been blessed with two amazing gifts by Mexico sangha member and longtime student of Tenzin Wangyal Rinpoche, Leonides Guadarrama: two museum-quality replicas of mandalas painted by Lama Yungdrung, one of our two resident lamas in Mexico. The first, the mandala of the Ma Gyü, graces the entry wall as one comes into Kunzang Khang. The second mandala is of Sherap Chamma, which adorns the central wall of the dining room. [More](#)



From the Heart

International Sangha Sharing

Following the Sangha Sharing feature in the February VOCL newsletter with poetry by Rinpoche and sangha members, we received a heartfelt poem by Alexander Pincin Yungdrung Dawa, president and treasurer of Ligmincha Italy, titled We Met in a Dream. His poem is dedicated to Tenzin Wangyal Rinpoche, his root lama. [More](#)



'The Five Elements'

Ligmincha Learning Course Begins April 11

Ligmincha Learning is pleased to offer an online course on “The Five Elements: Healing with

Form, Energy and Light” with Geshe Tenzin Wangyal Rinpoche from April 11–May 23, 2020. In this six-week course Rinpoche explains how each of the five elements relates to our daily experiences, emotions and relationships. He guides meditations for each of the elements, designed to help clear our obstacles and bring balance to our lives.

[Learn more and register](#)

Upcoming: June 20–July 26: [The Three Heart Mantras](#)



'The Nature of Mind: Achieving Great Bliss Through Pure Awareness'

GlideWing Online Course June 27–July 19

This interactive online workshop, offered through GlideWing, allows you to learn and practice from your own home, at your own schedule, with personal guidance from Geshe Tenzin Wangyal Rinpoche. Its video-based teachings offer a direct introduction to the nature of mind. Rinpoche will guide you through each of the five steps of meditation in the Fivefold Teachings of Dawa Gyaltsen — an eighth century dzogchen meditation master — helping you to enter the state of pure awareness that leads to peace, joy and ultimately, to self-realization.

[Learn more and register](#)



Upcoming 3 Doors Online Courses in May

Overcoming Limitations and Embracing Death in the Inner Refuge

With a growing community of practitioners, now in over 25 countries around the world, The 3 Doors is offering more online programs this year. Two programs beginning in May focus on overcoming limitations and embracing death from the inner refuge. [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 is a question about what to do when you are feeling burned out and your elements feel low. [More](#)



Spanish Translation of VOCL

Link to February Issue Now Available

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

[Read VOCL in Spanish](#)