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Letter from the Editors

Spring Is in the Air

Dear Friends,

We are so happy that spring is coming and that along with warmer, brighter days, there is new hope for getting together with loved ones and sangha before too long. Meanwhile, Ligmincha is overflowing with ways to grow and connect through online classes, retreats, workshops, worldwide full moon practices, Facebook Live webcasts and more. [More](#)



Navigating Life's Transitions by the Light of Awareness

An Edited Excerpt from Oral Teachings by Tenzin Wangyal Rinpoche, Fall 2018

Transitions are happening all of the time in our life. In our body, every cell is changing. In our consciousness, emotions change from one to another. Sometimes love can become anger, other times anger can become love. Transitions are happening all the time. But if during any single transition, awareness is there, then that can change everything. [More](#)



Serenity Ridge Online Spring Retreat Open to All

'The Body of Light' with Tenzin Wangyal Rinpoche Begins April 16

Join us online for our Annual Spring Retreat on “The Body of Light” with Tenzin Wangyal Rinpoche and guest teacher the Venerable Sogen Rinpoche on April 16–18 through Zoom. Everyone is invited [More](#)



Tenzin Wangyal Rinpoche's Live Teaching Schedule

Online For Now – Stay Tuned for Updates

Geshe Tenzin Wangyal Rinpoche's teaching schedule continues to expand and adapt to these changing times. Here are the dates for his upcoming teachings for April through August. [More](#)



Free Online Program: 'A Year of Body, Speech and Mind'

Upcoming Webcasts and Full Moon Practice

Tenzin Wangyal Rinpoche's yearlong online program continues to explore the three doors of body, speech and mind with live teachings and guided meditations, science/spirituality dialogues and mantra recitation sessions. Every offering is free and open to all. [More](#)



Help Make It Happen

Join the CyberSangha Team of Volunteers

Consider joining the CyberSangha team of international volunteers who joyfully support Tenzin Wangyal Rinpoche's Facebook Live broadcasts and other social media activities. They are a diverse group of translators, writers, editors, graphic designers, videographers, social media managers, marketing and brand experts, website administrators, meditation instructors and others. [More](#)



Upgraded Internet Stability for Lishu, Menri and Tritten Norbutse

An Interview with Oliver Wirtz and Florian Bruckmann

For many years the internet connection at Lishu Institute near Dehradun, India was not reliable. But during the first online retreat from Lishu in December 2020, everything went smoothly. Ton Bisscheroux talked with Oliver Wirtz and Florian Bruckmann, both Ligmincha Germany board members, who were instrumental in making this work. [More](#)



Ligmincha Learning's Two April Online Courses

Continue Growing with Tenzin Wangyal Rinpoche

Ligmincha Learning is pleased to offer two video-based online courses in April with Tenzin Wangyal Rinpoche. These courses feature beautiful video teachings, guided meditations, readings, journal writing activities, and the opportunity to interact with senior mentors and classmates from around the world. [More](#)



Ligmincha Finland Hosts Online Teachings with Lishu Teachers

Ligmincha Texas Announces Upcoming Offerings on Zoom

We are excited to announce additional upcoming live teachings that are being organized and hosted by Ligmincha sanghas in Finland and Texas. While times are difficult for teachers and students to travel, we now have so many online teachings, giving us an amazing accessibility that would not have been possible before. Below are just a few of the upcoming offerings. [More](#)



GlideWing Online Workshop with Tenzin Wangyal Rinpoche

'Tibetan Dream Yoga' Now with Spanish Subtitles Begins May 1

The practice of dream yoga is about understanding more about appearances and what they truly are. And ultimately, it is about understanding who we are, the true sense of self.
- Tenzin Wangyal Rinpoche

GlideWing is pleased to offer an online workshop with Tenzin Wangyal Rinpoche on “Tibetan Dream Yoga” from May 1–May 31, 2021. [More](#)



Pat's Chutney Recipe

Memories of Serenity Ridge

Here's the popular raisin chutney that we serve at Serenity Ridge Retreat Center with menus that have the flavors of India, Tibet and Nepal. It adds that spicy-sweet-tangy element to brighten your rice and dal. [More](#)



The 3 Doors in 2021

New Programs and Ongoing Opportunities for Connection and Practice

Spring is a natural time for renewal. Whether you are new to meditation or looking to deepen your practice, The 3 Doors online programs will support you to meet the changes and challenges of the season. [More](#)



Spanish Translation of VOCL

Link to February Issue Now Available

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