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Letter from the Editors

Offerings for a Happy, Healthy, Peaceful New Year

Dear Friends,

We hope this letter finds you all well in all ways. This first issue of 2021 is full of a whole host of offerings and support to get the year off to a good start, beginning with an excerpt from Tenzin Wangyal Rinpoche's teaching during the summer retreat in 2019. Rinpoche offers us advice not only on getting good sleep, but also on the power of effortlessly allowing and becoming more open. [More](#)



Sleeping Well and Acting Effortlessly from a Place of Deep Rest

An Edited Excerpt from Oral Teachings by Tenzin Wangyal Rinpoche, Summer 2019

I want to emphasize here at the start of this retreat the importance of sleep. Personally, I have promised myself seven to eight hours of sleep a night, which I feel is very important. If you are not getting a full night's sleep, I encourage you to allow yourself a longer sleep at night. [More](#)



New Program for 2021: 'A Year of Body, Speech and Mind'

Tenzin Wangyal Rinpoche's Free Yearlong Online Program Starts January 28

In the Tibetan tradition, body, speech and mind are known as the three doors to enlightenment, for they are the only tools we have for progressing on the spiritual path. Through these doors we either exit and become separated from our true nature, or we enter into the fullness of being, realizing and manifesting our capacities in this life for the benefit of others.

Tenzin Wangyal Rinpoche is launching a yearlong online program related to these three doors. Included are live teachings and guided meditations, science/spirituality dialogs and mantra recitation sessions—see schedule below. [More](#)



Two Live Zoom Courses Offered in February

Sherap Chamma with Marcy Vaughn & Tsa Lung with Alejandro Chaoul-Reich

Join us for two special opportunities to learn and practice with senior teachers Marcy Vaughn and Alejandro Chaoul-Reich, both longtime students of Tenzin Wangyal Rinpoche. Each three-day retreat in February is offered online through Zoom, with live translations offered in several languages (see details below). [More](#)



Bön and the West

An Interview with Filmmaker Andrea Heckman

Ten documentaries on the Bön tradition were shown online at the CyberSangha Film Festival, Bringing Bön to Light, from December 12 through January 3. The event was presented by Tenzin Wangyal Rinpoche on Facebook Live and the films were available for viewing afterwards on cybersangha.net. Three of these documentaries were made by Andrea Heckman. Ton Bisscheroux interviewed her. [More](#)



Pat Leavitt Shares Recipe for Chai

Comfort and Joy!

In the winter I like to make chai, a warming and spicy tea. It's more of an Indian chai masala than traditional Tibetan butter tea, which is made with salt and yak butter. [More](#)



Upcoming GlideWing Online Workshops with Tenzin Wangyal Rinpoche

'Awakening the Sacred Body,' 'Nature of Mind' & 'Dream Yoga'

GlideWing is offering three upcoming online workshops in February and March on the topics of "Awakening the Sacred Body," "Tibetan Meditation: The Nature of Mind" and "Tibetan Dream Yoga."

Each GlideWing workshop allows participants to learn and practice from their own homes, at their own schedule, with personal guidance from Tenzin Wangyal Rinpoche. [More](#)



Upcoming Through Ligmincha Learning

Four Online Courses in February and March

Ligmincha Learning is pleased to offer four video-based online courses in February and March

with Tenzin Wangyal Rinpoche, Geshe Denma Gyaltsen, John Jackson and Marcy Vaughn. 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](#)



Practicing in Community

Join The 3 Doors Online Programs in 2021

As our lives continue to be impacted by the pandemic and the challenges of our social and political landscape, many have found support in The 3 Doors online programs. Deepening practice and coming into community with one another fosters openness, warmth and resilience. Explore the following upcoming programs available to new and experienced meditators. [More](#)



Sangha Sharing Request

From the Heart

Our hearts go out to all those in need or struggling with the pandemic and the changed world during these challenging times.

Even amid times that can often feel dark, there are moments filled with light, filled with surprises of joy and creativity.

Consider sharing something you have experienced during this time of the pandemic that has surprised you with moments of joy or that has inspired new creativity. Just send us an [email](#) with your brief description or poem for sharing in a future issue of the VOCL.



Student and Teacher

On Fear and Attachment

Student: I've been working on attachment for quite a while, especially with regard to my family. Last night I received word that my daughter and grandson were in a serious car accident but that they were okay. Even still, it activated in me very strong feelings of fear and attachment, and I was not able to be in the natural state. [More](#)



Spanish Translation of VOCL

Link to December Issue Now Available

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