

**Volume 21, Number 5/ October 2021**

[Read the full issue](#)

---



**Letter from the Editors**

**The Sky Is the Limit**

Dear Friends,

This VOCL is coming to you a bit early this month because of several of our team member's schedules, and we really couldn't do it without them! With less time and lots on our plates, I asked Jeff, the one who finds all of the beautiful excerpts of Tenzin Wangyal Rinpoche's teachings, about the topic of this issue's teaching, and he responded, "Anything is possible!" [More](#)

---



**One's Beautiful Mind Beyond All Conditions**

## **An Edited Excerpt from Oral Teachings Given by Tenzin Wangyal Rinpoche, Summer 2021**

There's a difference between what we know and what we experience, isn't there? What I *know* is that there is no limit to what I can experience. But what I *experience* is of course limited. So rather than place our focus so much on what we know, better instead to place more focus on what one's experience is. I have definitely witnessed in my own life many, many situations of breaking through the limits of my experience  
[More](#)

---



## **New A-Tri Dzogchen Retreat Cycle with Tenzin Wangyal Rinpoche**

**Starts September 24-26 on Zoom**

A new A-Tri Dzogchen retreat, the first of a three-part cycle with Tenzin Wangyal Rinpoche, will be hosted by Chamma Ling Colorado online September 24-26. Everyone is invited to attend this three-day live online retreat with simultaneous live translation offered in German, Portuguese, Spanish and Russian. [More](#)

---



## **Ligmincha's Annual Fall Retreat on Zoom this Year**

## **'Living in Joy, Dying in Peace' October 13-17**

What if you were told you had one year to live? How would that change your perspective on life, on yourself, on your priorities?

Join Tenzin Wangyal Rinpoche at Ligmincha's Annual Fall Retreat on "Living in Joy, Dying in Peace" hosted by Serenity Ridge Retreat Center, as he invites us to reflect on impermanence, our sense of identity and our hidden attachments. As we explore and deepen our personal relationship to impermanence and death, we can discover the key to living joyfully. [More](#)

---



## **Serenity Ridge Dialogues: Body, Breath & Mind**

### **Free Online Summit with Rinpoche and Guests October 22-24**

Join Tenzin Wangyal Rinpoche and guests in a free, unique opportunity to explore the frontiers of science and spirituality. "Serenity Ridge Dialogues: Body, Breath & Mind" will be held online via Zoom October 22-24, 2021.

When we bring our attention to our body, our breath and our mind, what happens and why? How does our relationship to sensations, thoughts and perceptions change through meditation and other energetic practices? Can science and medicine inform how we engage with these ancient traditions? [More](#)

---



## **In-Person Fall Retreats Postponed at Serenity Ridge**

### **New 3 Doors Academy Begins October 7 Online Via Zoom**

Several 3 Doors in-person retreats previously scheduled at Serenity Ridge Retreat Center this fall have been postponed until next April due to the continuing Covid-19 pandemic. The new 6th North American Academy, however, will begin online via Zoom October 7-12, 2021.

At this point, Serenity Ridge is expected to open in December for Tenzin Wangyal Rinpoche's winter retreat, "The Experiential Transmission of Zhang Zhung, Part 2." Rinpoche's fall retreat sponsored by Serenity Ridge, "Living in Joy, Dying in Peace," will be held online via Zoom October 13-17. [More](#)

---



### **New 2019 and 2020 Biennial Report Published**

### **Learn About Ligmincha Activities and Plans for Future**

Check out Ligmincha's 2019 and 2020 Biennial Report, recently posted on the Ligmincha website. The report shares highlights of what has been happening with Ligmincha International and Serenity Ridge, Ligmincha's headquarters in Virginia, US, during these two years, along with plans for the future. [More](#)

---



## Free CyberSangha Broadcasts with Tenzin Rinpoche, Others

### 'A Year of Body, Speech and Mind' Continues

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. [More](#)

---



### With Gratitude to Shelly Hanson

### And a Warm Welcome to Gram Slaton

It is hard to believe that a little over five years ago, Shelly Hanson began volunteering in the office at Serenity Ridge one day a week, only to become an invaluable part of the Ligmincha organization in the following few years! She took on more and more responsibilities to meet the many needs and demands of a large retreat center, finally becoming Serenity Ridge's managing director, all with amazing ability and kindness. In August she passed the baton, and we will all miss her. [More](#)

---



### Tenzin Wangyal Rinpoche's Retreat Schedule

## **September Through December**

Geshe Tenzin Wangyal Rinpoche's teaching schedule continues to expand and adapt to these changing times. Here are the dates for his upcoming retreats for September through December.

[More](#)

---



## **Ton Bisscheroux on Europe Summer Retreat, 'Who Am I?'**

## **Shares Personal Experience in Overcoming an Addiction**

This year's summer retreat in Europe from August 2-8, was different from previous years. Because we could not meet in person in Buchenau, Germany, this year's retreat with Tenzin Wangyal Rinpoche was held online via Zoom. Previously held with six or seven translators, this time Rinpoche's teachings in English were translated only into German in real time. [More](#)

---



## **New 3 Doors Online Compassion Project Begins October 20**

## **In English with Dutch, German, Portuguese and Spanish Translation**

The next 3 Doors Compassion Project, a nine-month online program, will start in October and run through June 2022. It will be facilitated by 3 Doors senior teachers Marcy Vaughn and

Gabriel Rocco, who developed the program with the support of 3 Doors founder and Tibetan teacher and meditation master Tenzin Wangyal Rinpoche.

The Compassion Project uses practices of body, speech and mind to support personal transformation and the emergence of positive qualities that can benefit participants and others.

[More](#)

---



## **Ligmincha Learning's Upcoming Online Courses**

### **Many Ways to Grow Your Knowledge and Experience of the Bon Tradition**

Ligmincha Learning is pleased to offer three upcoming video-based online courses beginning in September and October: "Transforming Our Emotions Through the Six Lokas" with Tenzin Wangyal Rinpoche; "Treasures of Bon: History, Lineage and Practices" with Geshe Denma Gyaltzen and John Jackson; and "Meditation Breath and Movement" with Alejandro Chaoul-Reich. [More](#)

---



## **GlideWing Online Workshops with Tenzin Rinpoche**

### **'Who Am I?' and 'The Nature of Mind'**

GlideWing is pleased to offer two upcoming online workshops with Tenzin Wangyal Rinpoche: "Who Am I? A Journey to Self-Realization," a new two-week workshop on October 16-31, and

"Tibetan Meditation: The Nature of Mind" November 13-December 5. Both workshops include personal guidance and support from Rinpoche. [More](#)

---



## **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](#)