

**Volume 22, Number 5/ October 2022**

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**Letter from the Editors**

**Taking Time to Connect**

Dear Friends,

How do we connect with each other? Or disconnect? In this teaching excerpt from the Serenity Ridge summer retreat, Tenzin Wangyal Rinpoche explains how our connections to our world, and to ourselves, are of utmost importance in our lives. [More](#)

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**Nourishing Connections**

**An Excerpt from Tenzin Wangyal Rinpoche's Summer 2022 Retreat at Serenity Ridge**

A study from Harvard shows that one of the primary factors affecting our longevity is our social connection. Now, if that's the case, that you can live healthier and longer by connecting with others, then you might live an even *healthier* life if you learn how to connect with *yourself*. That's certainly true, but it's harder.

[More](#)



## Tenzin Wangyal Rinpoche's Upcoming Teaching Schedule

### Through December 2022

Here is Geshe Tenzin Wangyal Rinpoche's teaching schedule for the remainder of 2022. Rinpoche will offer two more seasonal retreats at Serenity Ridge in Virginia this year, both in person and online, as well as a three-day retreat in Berkeley, California and also online.

[More](#)



## Still Time to Register! Fall Retreat: The Five Elements & Serenity Ridge Dialogues

### October 11-16, 2022 in Person or Online

Join us October 11-16 for five very special days with Tenzin Wangyal Rinpoche and special guests. This year, for the first time, the annual Fall Retreat and Serenity Ridge Dialogues will be held together. In the mornings, Tenzin Wangyal Rinpoche will teach on the Five Elements. During the afternoons, the Dialogues will bring presenters together for discussion and practice.

[More](#)



## **New Edition of Tibetan Yogas of Dream and Sleep**

### **Revised and Updated!**

A revised edition of *The Tibetan Yogas of Dream and Sleep* by Tenzin Wangyal Rinpoche has recently been published by Shambhala Publications and is now available in

[Ligmincha's online store](#)

.

First published in 1998, this book offers a powerful method for liberation through dream and sleep yoga. [More](#)



## **New A-tri Dzogchen Book Coming Soon!**

### **Based on Tenzin Wangyal Rinpoche's Teachings in the Netherlands**

Look for Tenzin Wangyal Rinpoche's new book, *A-tri Dzogchen: Recognizing the Nature of Mind in the Bon Tradition*, in the Ligmincha Store later in October. In

*A-tri Dzogchen*

, Tenzin Wangyal Rinpoche shares essential teachings and practices for recognizing and resting with open awareness in the true nature of one's mind.

[More](#)



## **New Monthly Newsletter from Serenity Ridge Retreat Center!**

### **Ligmincha International's Home in the Mountains of Virginia**

Serenity Ridge Retreat Center, headquarters of Ligmincha International, now has a monthly newsletter. Located in the foothills of the Blue Ridge Mountains in central Virginia, Serenity Ridge was established in 1998 by Geshe Tenzin Wangyal Rinpoche, teacher and meditation master in the Tibetan Bon tradition. [More](#)

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## Upcoming CyberSangha Events

### Next Broadcast October 8 with Tenzin Wangyal Rinpoche

The CyberSangha team warmly invites you to join in the following new offerings. They include a teaching and guided meditation with Tenzin Wangyal Rinpoche on October 8 followed by a 24-hour full moon practice on October 9. [More](#)

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## 6th International Seminar of Young Tibetologists

### Three Bon Geshes Give Presentations

The Department of Religious Studies and the Tibet Center at University of Virginia, located in Charlottesville, was host to the 6th International Seminar of Young Tibetologists recently. Rinpoches, tulkus, Ph.D. students and graduates came together to share their areas of study and research. From the Bon community, Geshe Nyima Oser Choekhortshang Rinpoche, Geshe Tri Yungdrung and Geshe Yungdrung Kalsang attended and each gave a presentation. [More](#)

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

### **The Three Heart Mantras of Bon October 7, Sherap Chamma November 18**

Ligmincha Learning is pleased to offer The Three Heart Mantras of Bon with Tenzin Wangyal Rinpoche, October 7-November 12 and Sherap Chamma: Mother of Wisdom and Love, with Marcy Vaughn, November 18-December 3. [More](#)

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### **Wisdom and Compassion: Caring for Yourself While Caring for Others**

### **The 3 Doors Compassion Project Begins October 19**

On October 19, 2022, the Compassion Project will begin its seventh year. This nine-month immersive program led by 3 Doors senior teachers Marcy Vaughn and Gabriel Rocco will support participants to embody the practices and teachings of The 3 Doors in everyday life. [More](#)

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## **Look to 2023 for Next GlideWing Online Workshops**

### **Tibetan Meditation, The Nature of Mind Begins January 7**

GlideWing is pleased to offer Tibetan Meditation: The Nature of Mind, Achieving Great Bliss Through Pure Awareness, a three-week online video workshop with Tenzin Wangyal Rinpoche from January 7-29, 2023. [More](#)

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### **Dream Podcast Features Tenzin Wangyal Rinpoche and Students**

#### **Created and Produced for TED Far Flung Series**

Last spring at Serenity Ridge, Tenzin Wangyal Rinpoche and others from the spring retreat were interviewed about dreams and their power to transform. Saleem Reshamwala and Elyse Blennerhassett, who also attended the retreat, produced and broadcast their conversations on this podcast, Journey Into the Dreamworld. [More](#)

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### **An Excerpt from an Interview with Tulku Ponse Yigme Tenzin**

### **Read Shenten Dargye Ling's New Online Magazine**

*The following is an excerpt from an interview with Tulku Ponse Yigme Tenzin, recognized as the reincarnation of Lopon Sangye Tenzin, the teacher of Yongdzin Tenzin Namdak Rinpoche and the first Lopon of Menri Monastery in India. [More](#)*

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## **Photos from Recent Summer Retreats in Europe**

### **With Reflections of the Day in Many Languages!**

Everyone loves when Tenzin Wangyal Rinpoche travels to their community. It means so much, especially after the long gap of the past few years due to the worldwide pandemic. Here are some photos to enjoy from Rinpoche's recent summer retreats in Europe along with some of his Reflections of the Day. [More](#)

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## **Student and Teacher**

### **Together on the Path**

*During the recent annual summer retreat at Serenity Ridge, on the topic of The Seven Mirrors of Dzogchen, a student asked Tenzin Wangyal Rinpoche to help with their understanding of why the symbol of the mirror is used. [More](#)*

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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 [VOC L website](#) .

[Read VOCL in Spanish](#)