

## Volume 23, Number 2/ April 2023

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### Letter from the Editors

### Precious Moments

Dear Friends,

We are happy to share a recent teaching by Tenzin Wangyal Rinpoche that helps us to recognize where our attention and focus can guide us or lead us astray, and how our awareness can bring us home to the precious moment and the truth of who we really are.

There are new details about the upcoming Summer Retreat at Serenity Ridge! [More](#)

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### Deepening Our Attention and Focus and Finding Wholeness

## An Excerpt from Tenzin Wangyal Rinpoche's February 2023 Teachings

*This excerpt of Tenzin Wangyal Rinpoche's teachings is from an online dialogue on Training Attention with Meditation. Rinpoche's conversation with contemplative neuroscientists David R. Vago and Amishi Jha was hosted by Alejandro Chaoul-Reich and has been edited for length. You can find out more on [cybersangha.net](https://cybersangha.net), where there is a rich archive of all the conversations.*

[More](#)

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## Heart Drops of Kuntu Zangpo

### Spring Retreat April 13-16 with Tenzin Wangyal Rinpoche

Join Tenzin Wangyal Rinpoche in person at Serenity Ridge or online on Zoom April 13-16 for this special retreat on Heart Drops of Kuntu Zangpo. This core dzogchen teaching, also known as Heart Drops of Dharmakaya, provides methods for introducing the nature of the mind, which remains hidden behind clouds of thoughts and emotions until a master directly points out the source, the essence, the Heart Drop. This is the method of direct introduction to dzogchen, the highest and most subtle path of meditation in Bon. [More](#)

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## Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

## April to August 2023

Here is Geshe Tenzin Wangyal Rinpoche's teaching schedule. Following the spring retreat at Serenity Ridge in April, Rinpoche will then be traveling throughout Europe to Portugal, Spain, the Netherlands, Italy, Switzerland and Austria before returning back to Virginia for the annual two-week summer retreat in June and July and then back to Poland and Germany for the August retreats. [More](#)

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## Registration Open for Serenity Ridge Summer Retreat on Tummo, Part 3

### With Honored Guest His Holiness the 34th Menri Trizin

Registration is now open for Ligmincha's Annual Summer Retreat at Serenity Ridge! Join Tenzin Wangyal Rinpoche and His Holiness the 34th Gyalwa Menri Trizin Rinpoche, Lungtok Dawa Dhargyal Rinpoche, spiritual head of the Bon tradition for one or both weeks. [More](#)

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## ***Forty-Three Trainings for an Enlightened Mind***

## **New Book Translated by Raven Cypress Wood Available**

*Ligmincha President Rob Patzig offers his review of the newest book published by Sacred Sky*

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Press. The book is now available through the [Ligmincha Store](#).

The newest publication from Sacred Sky Press is now available: *Forty-Three Trainings for an Enlightened Mind and Other Divine Writings*, by Kundun Sonam Lodro, the 22nd Menri Trizin, translated by Raven Cypress Wood.

The book presents four short texts by the 22nd Menri Trizin (1784-1835) and a series of appendices by the translator that offer valuable context, background and explication for the reader. [More](#)

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## Upcoming CyberSangha Events

### Next Live Broadcasts with Tenzin Wangyal Rinpoche

You are warmly invited to join Tenzin Wangyal Rinpoche, special guests and fellow participants for any or all of these upcoming online events. Free and open to all, these events are part of Embracing Life with Wisdom & Compassion, Rinpoche's new free yearlong program. [More](#)

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## CyberSangha Volunteer Opportunities

### New Ways to Serve, Share, Be Part of the Team

*For the past seven years, the CyberSangha team and I have been putting a lot of energy into serving our CyberSangha community. As we continue to do so, we need more support from people who have benefited from our services and would like to help others in return as part of our team of volunteers. A few options are listed below. Please let us know if you would like to support us. [More](#)*

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### **Ligmincha Learning Course with Marcy Vaughn**

#### **Sherap Chamma Mother of Wisdom and Love**

Ligmincha Learning is pleased to offer an online course with Marcy Vaughn on Sherap Chamma Mother of Wisdom and Love beginning April 14, 2023. This online course features beautiful video teachings, guided meditations, readings, journal writing activities, and the opportunity to interact with senior mentors and classmates from around the world. [More](#)

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### **Upcoming Programs with The 3 Doors**

#### **Plus Summary of 3 Doors Retreat with Rinpoche**

The 3 Doors is pleased to announce these upcoming events and programs to support you in deepening your practice and connecting with community. They include a free 3 Doors International Practice Day, a new European 3 Doors Academy, the eighth annual Compassion Project and a 3 Doors weekend retreat in December 2023 with Tenzin Wangyal Rinpoche on Zoom. [More](#)

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## **Tibetan Dream Yoga**

### **GlideWing Online Workshop Begins April 29**

GlideWing is pleased to offer Tibetan Dream Yoga, a four-week online video workshop with Tenzin Wangyal Rinpoche from April 29-May 28, 2023. Participants will practice from their own homes, at their own schedule, with guidance from Rinpoche. Spanish subtitles available. [More](#)

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## **Sharing the Timeless Joy**

### **An Interview with H.H. the 34th Menri Trizin from the Archive of VOCL Newsletters**

*Here is an excerpt from an interview with His Holiness Lungtok Dawa Dhargyal Rinpoche, the 34th Menri Trizin, that was held at Serenity Ridge, June 29, 2019. This article was previously*

*published in the August 2019 VOCL.*

The Voice of Clear Light team was very grateful for the chance to speak with His Holiness one evening during the 2019 Summer Retreat at Serenity Ridge. His warmth and kindness, along with his openness to all of our questions, was natural and also remarkable. [More](#)

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## Student and Teacher

## Together on the Path

*This excerpt is from a talk between Tenzin Wangyal Rinpoche and Chogyal Rinpoche during Chogyal's online series HeartTalk in February 2023. In this talk Chogyal Rinpoche asks Tenzin Rinpoche about what compassion means for him.*

**Chogyal Rinpoche:** What is compassion or what does bodhicitta mean for you? How do you practice in your real life? [More](#)

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## Spanish Translation of VOCL

**Link to February 2023 Issue Now Available**

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

[Read VOCL in Spanish](#)