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Letter from the Editors

Rest in the Moment

Dear Friends,

With life's ups and downs, with our own pain identities and with so much suffering in life, the challenges and opportunities to simply be, to rest in our true nature, are right there for us in every moment. This issue's excerpt from Tenzin Wangyal Rinpoche's book *A-Tri Dzogchen: Recognizing the Nature of Mind in the Bon Tradition* gives clear, powerful instructions from the Bon A-tri dzogchen path on abiding and what to do when you can't.

[More](#)



Abiding, Dissolving and Continuing

An Edited Excerpt from A-Tri Dzogchen by Tenzin Wangyal Rinpoche

The following teaching is from Geshe Tenzin Wangyal Rinpoche's recent book *A-Tri Dzogchen: Recognizing the Nature of Mind in the Bon Tradition*.

The first part of the A-tri teachings comprises the preliminary practices. These practices ripen the mind of the practitioner, allowing for the reception of the deeper teachings on the nature of mind. Then the foundational teachings on the nature of mind describe the practice of concentration, zhine, both with and without attribute, and the practice of abiding in the nature of mind. [More](#)



A-tri Dzogchen Retreat, Part 3 with Tenzin Wangyal Rinpoche

Plus Two Additional Retreats in Crestone, Colorado This September

Here are the details for Geshe Tenzin Wangyal Rinpoche's upcoming A-tri Dzogchen, Part 3 retreat in Crestone, Colorado in person and on Zoom September 15-17. As well, there will be two other retreats to be held immediately prior to and after the A-tri retreat: [More](#)



Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

August to October 2023

Here is Geshe Tenzin Wangyal Rinpoche's teaching schedule. Rinpoche will be teaching in Poland, in Germany at the annual summer retreat, in Hungary, France, Colorado and at Serenity Ridge in Virginia. More details on Ligmincha's Annual Fall Retreat at Serenity Ridge and Serenity Ridge Dialogues are coming soon. [More](#)



Summer Retreat at Serenity Ridge

Lovely Photographs for You

We are happy to share a few photographs from this year's summer retreat at Serenity Ridge! Thank you Brian Harris and Michele Tecco for your wonderful camera work! [More](#)



Annual Fall Retreat & Serenity Ridge Dialogues October 17-22

Dream Yoga Is Focus for Retreat and Dialogues

Join us October 17-22 for the annual Fall Retreat and Serenity Ridge Dialogues with Tenzin Wangyal Rinpoche and special guests. The focus will be on Dream Yoga.

In the mornings Tenzin Wangyal Rinpoche will teach the practice of Dream Yoga from the Ma

Gyu. The afternoons will include discussions with Dialogues guests: [More](#)



Lots Happening This Fall at Serenity Ridge

Mark Your Calendars!

A number of other events also are being scheduled this fall at Serenity Ridge Retreat Center. They include a return visit from Menri Monastery by Menri Shedrup Khenpo Geshe Nyima Dhondup Rinpoche, a Tibetan Yoga (Trul Khor) retreat and a residency at Serenity Ridge by Geshe Yungdrung Gyatso of Poland. [More](#)



Upcoming CyberSangha Events

Next Live Broadcasts with Tenzin Wangyal Rinpoche

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



Experiencing The Power Of Giving

Fundraiser for Bon Children at Serenity Ridge Retreat Center June 23

Just one day before the summer retreat, Serenity Ridge Retreat Center organized and hosted a fundraiser dinner to support the orphans and semi-orphans of Bon Children Welfare Center in India. [More](#)



Menri Monastery Severely Damaged by Monsoon Rains

Please Help Support Needed Repairs

We have heard from Menri Monastery, the Bon monastery in Dolanji, northern India that is home to His Holiness and many monks, that they have suffered severe damage from the recent monsoon rains. Urgent repairs are needed to avoid further damage. [More](#)



Upcoming Ligmincha Learning Courses This Fall

The Three Heart Mantras and Sherap Chamma

Ligmincha Learning is pleased to offer these two upcoming online courses: The Three Heart Mantras in October with Tenzin Wangyal Rinpoche and Sherap Chamma in November with Marcy Vaughn. These online 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](#)



Serenity Ridge Residency Program

A Unique Way You Can Be of Service

Service as a sacred act can be a powerful tool for self-transformation. At the Serenity Ridge Retreat Center, our Residency Program emphasizes service as a spiritual practice in its own right. A limited number of positions are open to those with a sincere interest in the Bon Buddhist tradition as well as a desire to do service work on behalf of our community and as an expression of their own practice. [More](#)



A 3 Doors Late Summer Invitation Restore, Refresh Your Practice

You are invited to attend the following 3 Doors practices or programs as a way to enliven and

inspire your practice! They include drop-in, weekly 3 Doors practice groups and a variety of self-paced, prerecorded meditation programs that have been created by The 3 Doors teachers. [More](#)



New Book Examines Yungdrung Bon in Light of Globalization

Includes Information on Ligmincha and Shenten Dargye Ling

When Tibetan Meditation Goes Global: A Study of the Adaptation of Bon Religious Practices in the West by *Mara Lisa Arizaga Faller* provides an *in-depth study on how Bon has developed and spread in the West in the past few decades.* [More](#)



NEW Dream Yoga Workshop with Tenzin Wangyal Rinpoche

Updated, Expanded Online Course Offered in Collaboration with Wisdom Academy

From September 1 through October 27, 2023, Wisdom Academy will host an updated and expanded offering of Tibetan Dream Yoga, an online workshop with Geshe Tenzin Wangyal Rinpoche produced in collaboration with [GlideWing](#) . [More](#)



Sharing the Timeless Joy

Chamma Ling Colorado, from the VOCL Archives

Ligmincha's Chamma Ling Retreat Center is located in the Colorado Rocky Mountains near Crestone, Colorado. In this article by Cindy Pearson Garcia we get a glimpse of this unique place. This article has been edited for length and was previously included in the April 2016 VOCL newsletter. [More](#)



Student and Teacher

Together on the Path

During the recent Summer Retreat at Serenity Ridge, His Holiness Lungtok Dawa Dhargyal Rinpoche, the 34th Menri Trizin Rinpoche, taught during the afternoons with Tenzin Wangyal Rinpoche translating. Here His Holiness responds to a question about how the nature of mind can be of benefit to others. [More](#)



Spanish Translation of VOCL

Link to June 2023 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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