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Letter from the Editors

Immeasurable Sunlight

Dear Friends,

We celebrate the special occasion of His Holiness the 34th Menri Trizin Rinpoche being with us again at Serenity Ridge, teaching alongside Tenzin Wangyal Rinpoche for the upcoming summer retreat at Serenity Ridge, by sharing two teaching excerpts in this issue! [More](#)



Focusing the Light of Awareness on Our Own Cases of Mistaken Identity

An Excerpt from Tenzin Wangyal Rinpoche's April 2023 Teachings

Within these ancient Bon teachings, and particularly in the dzogchen teaching, the truth is spoken of as being a pure space, a pure light, a pure energy. That is the truth. And who we are is also pure space, pure light and pure energy. Now if you look at what personal truths you create and your perception of your truths and how they affect you, then it's clear, that's not good news, right? So what we are trying to do here is to foster a change in perception. [More](#)



An Excerpt on the Twenty-Four Masters of the Zhang Zhung Nyen Gyu

From *Living Wisdom* with H.H. Lungtok Tenpai Nyima Rinpoche

Below are two excerpts from teachings given by His Holiness Lungtok Tenpai Nyima Rinpoche at Serenity Ridge in 1999 during the annual summer retreat. These teachings were among those compiled from His Holiness's teachings at Serenity Ridge and edited in the book Living Wisdom

His Holiness gave teachings on the Twenty-Four Masters of the Zhang Zhung Nyen Gyu, a most important cycle of dzogchen teachings in the Tibetan Bon tradition.

[More](#)



Summer Retreat Begins June 24 at Serenity Ridge and on Zoom

With Honored Guest His Holiness the 34th Menri Trizin

Ligmincha's Annual Summer Retreat begins this month at Serenity Ridge! Join Tenzin Wangyal

Rinpoche and His Holiness the 34th Gyalwa Menri Trizin, Lungtok Dawa Dhargyal Rinpoche, spiritual head of the Bon tradition, for one or both weeks, either in person at Serenity Ridge or online on Zoom. His Holiness and Rinpoche will teach separately each day on different topics.

[More](#)



Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

June to September 2023

Here is Geshe Tenzin Wangyal Rinpoche's teaching schedule. After his many travels and retreats throughout Europe, Rinpoche will be returning to Virginia for the annual two-week summer retreat at Serenity Ridge in June and July, and then back to Poland and Germany for August retreats. Also recently announced are the dates for his A-Tri retreat in Colorado this September. [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, these events are part of

Embracing Life with Wisdom & Compassion, Rinpoche's free yearlong program. [More](#)



View Rinpoche's 10-Week One Taste Video Series

Excerpts from Recent Teachings in Valle de Bravo, Mexico

At the end of April, Tenzin Wangyal Rinpoche launched a new 10-week series of video offerings called One Taste. All are excerpts from his recent teachings on the five wisdoms, held at the Great Stupa for World Peace in Valle de Bravo, Mexico.

Each new excerpt premieres at 12 noon on Sundays, New York time and can be viewed on [Facebook](#) and [YouTube](#).

[More](#)



An Update on the Serenity Ridge Prayer Wheels

First Set Expected to Be Installed by Summer Retreat

Those of you who visit Serenity Ridge for this summer's retreat with Tenzin Wangyal Rinpoche and His Holiness the 34th Menri Trizin will see something new at the retreat center. A set of new prayer wheels will grace the path between Kunzang Khang and the gumpa across from the Garuda House. [More](#)



Ligmincha Learning Course with Alejandro Chaoul-Reich

Meditation, Breath and Movement Begins June 30

Ligmincha Learning is pleased to offer two upcoming online courses, one on meditation, breath and movement and the other on sleep yoga. [More](#)



An Update to Ligmincha's Code of Conduct

New Section on Additional Commitments of Teachers

Ligmincha President Rob Patzig shares information about Ligmincha International's revised Code of Conduct.

In almost every retreat, Tenzin Wangyal Rinpoche speaks directly about the importance of serving others and about sacred community. Sacred community can be within one's family, at

work, at school and especially within a community of practice. In such a community, our vision for ourselves as wise and compassionate beings with the skillful means to be of benefit to others can find expression. [More](#)



The 3 Doors Seventh North American Academy Begins Spring 2024

And Other Upcoming Programs

The 3 Doors is pleased to announce its seventh North American Academy will begin in April 2024. The application period will open September 1, 2023 and close January 1, 2024. The Academy is the signature program of The 3 Doors, founded by Tenzin Wangyal Rinpoche, Tibetan meditation master and spiritual director of Ligmincha International. [More](#)



Awakening the Sacred Arts

GlideWing Online Workshop Begins June 10

GlideWing is pleased to offer Awakening the Sacred Arts, a four-week online video workshop with Tenzin Wangyal Rinpoche from June 10-July 9, 2023. Participants will practice from their own homes, at their own schedule, and Rinpoche will provide answers to questions asked online. [More](#)



Sharing the Timeless Joy

Summer Retreat 30 Years Ago, from the VOCL Archives

One of the first retreats with Tenzin Wangyal Rinpoche took place in the mountains of Virginia near Charlottesville at the home of Victor and Virginia Torrico. Some of you may have been there! Here is an edited article from the Voice of Clear Light Fall 1993 newsletter written by Alejandro Chaoul-Reich after attending the 1993 summer retreat, 30 years ago! Alejandro's dedication and service continue to inspire today. [More](#)



Student and Teacher

Together on the Path

In this excerpt Tenzin Wangyal Rinpoche responds to a question about the dzogchen advice of leaving it as it is.

Student: I need some clarification about when to follow the precept of leaving it as it is versus when to put effort and energy and work toward making something manifest. [More](#)



Spanish Translation of VOCL

Link to April 2023 Issue Now Available

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

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