

Voice of Clear Light

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Letter from the Editors

Many Ways of Giving



Dear Friends,

Our hearts go out to all those in Nepal who are struggling in the aftermath of the earthquakes that struck there in April and May. We all felt the devastation hit especially close to home, given the proximity of the quakes to Triten Norbutse – the monastery of Tenzin Wangyal Rinpoche's teacher Yongdzin Tenzin Namdak Rinpoche – in Kathmandu.

Shortly after the first quake, Tenzin Rinpoche spontaneously wrote a beautiful poem in response to the calamity, and upon reading it one's heart breaks with his words and images of the impermanence and suffering. Through the poem, Rinpoche urges us to recognize deeply both the extraordinary preciousness of this life that we are living in this moment right now, today, and the equally compelling truth that the time of our own death is completely unknown to us. Rinpoche urges us to see these truths within the heartbreak of what is occurring in Nepal, reorienting us toward what is most important in this short life. We feature

the poem, "From A Lamenting Heart," in this issue of the Voice.

The compassionate response to the VOCL special announcement about the first quake was extraordinarily beautiful in all its forms of donations and prayers. Please see below for an update on the situation, as well as details on how to help further with Ligmincha's ongoing aid and relief effort. Thank you so much.

We all give in many ways and forms, and many of you have given us articles to share in this issue! There are many others who are working behind the scenes giving their time and their love to prepare each new issue of VOCL, knowing how precious our connections are to the teachings and to each other.

A quote from Tenzin Wangyal Rinpoche's new book, *The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life*, Hay House, July 7, 2015:

When we are connected to our natural state of being, giving to others involves no stress or mental exhaustion. Like a genuine smile, our actions are spontaneous, effortless, and joyful. They energize both the giver and the receiver.

This issue begins with a few excerpts chosen from one of Tenzin Rinpoche's earlier books, [Healing with Form Energy and Light](#)

, highlighting the healing value of the elements in our lives. Rinpoche's new book, *The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life*, will be out in July – see the article on how to order yours from [Ligmincha's Tibet Shop](#)

. Don't miss the next webcast in the Soul Retrieval series, a full-day, free webcast on June 13: "The True Source of Healing: Your Own Inner Refuge." Volunteers are now translating the webcasts live in up to 12 languages. Thank you to all who are giving your time and skill to make the webcasts happen, and especially to Rinpoche for his generous gift to us all!

Features from many others are included in this issue. Read Jaroslaw Kotas's beautiful, personal

account of 20 years since Rinpoche first brought the Bon to Poland, with details about the anniversary celebration and retreat happening there this August. View pictures and read about the the wonderful new additions and remodeling done at the Great Stupa for World Peace in Valle de Bravo, Mexico; thanks for sharing, Elena Ochoa-Villasenor. There's also a great sharing by Jennie Makihara of her experiences at the recent retreats at Lishu Institute in Dehradun, India, with news, too, about the first three-year program beginning in September at Lishu. Read the new issue of *Ligmincha Europe Magazine*, just out; thanks to Ton Bisscheroux and all those contributing to make it inspiring and informative. You can attend the Summer Work Retreat at Serenity Ridge, and Serenity Ridge Fall Retreat is now open for registration, with Winter Retreat Registration opening soon. And, of course, you'll want to check out the upcoming online retreats offered through Ligmincha Learning and GlideWing beginning in July. Take note, too, of the new VOCL translations in Spanish and Portuguese, thanks to Lourdes Hinojosa and Rodrigo Esteves!

So many gifts, thank you all!

Best in Bon,

Aline and Jeff