



## Letter from the Editors

### Your Life Becomes a Practice



Dear Friends,

We're excited to bring you another action-packed issue. First, we have a special announcement: a *free* three-week online workshop is being made possible by Geshe Tenzin Wangyal Rinpoche and GlideWing Productions to be held July 9–31, 2016. The topic is “Healing From the Source: Meditation as Medicine for Body and Mind.” In connection with the workshop, a team of researchers will conduct a study into the effects of workshop participation on easing physical and emotional pain. You can find all the details below.

We've included two teaching excerpts in this issue! The first is from Tenzin Wangyal Rinpoche's [April 16 webcast on “Generating Compassion”](#). In that webcast, Rinpoche emphasized:

"Whenever challenging situations affect you, your identity, your ego, your pain-body, *and* you are able to be conscious of that, address that, and are able to let it be and let it go in that sacred space, that is a wisdom. That means that the challenging situation is not just affecting you; rather, you are actually applying a great meditation of wisdom. So your life becomes a practice. I really want to emphasize that and want everyone to remember that."

*Your life becomes a practice* – words to remember as the goal for integrating the teachings into our daily life. Thank you, Rinpoche, for continuing to remind us of that!

What about when one is sleeping? Can one's life also be a practice during sleep? This is the topic of the second excerpt: sleep yoga and what distinguishes sleep yoga from dream yoga. Rinpoche will be focusing on "Sleep of Clear Light" for this year's [Summer Retreat at Serenity Ridge](#) beginning June 19. You can still sign up for this retreat and receive a discount if you register by June 8; see details below.

Mark your calendar for the upcoming free live webcasts in June and July, the next in the series on "Transforming Your World Through Service" as well as an additional webcast to be broadcast live from the Summer Retreat on Sleep Yoga.

Learn about how you can be of service during the [Summer Service Retreat](#) at Serenity Ridge, held prior to the Summer Retreat. It starts soon, June 12

—

17. Early registration for Summer Retreat has been extended until June 8; the annual summer fundraising auction is set for June 24. Also scheduled for later this summer is the next online workshop to be offered through Ligmincha Learning on "The Three Heart Mantras." Tenzin Wangyal Rinpoche's Fall Retreat at Serenity Ridge, "Fear and Attachment: Doorways to Liberation –The Practice of Chod from the Bon Mother Tantra," is now open for registration.

Have you heard about the exciting plans for the new building at Serenity Ridge Retreat Center? Read an article by Rob Patzig, Ligmincha International's president, describing plans for the new facility. A groundbreaking ceremony will be held during the first week of Summer Retreat on June 25 at 10:30 a.m. You will also find short biographies of all six of Ligmincha International's resident lamas on the Ligmincha International website. Don't miss the latest *Ligmincha Europe Magazine* for Spring 2016 – find the link to their 20th issue below. And lastly, we have the links to the Spanish

and Portuguese translations of April's Voice of Clear Light newsletter.

In Bon,

Aline and Jeff