

Teaching Issue

Volume 16, Number 5 / October 2016



Letter from the Editors

This Precious Life



Lake Yamdrok in Tibet

Dear Friends,

It's always hard when you have to miss Tenzin Wangyal Rinpoche's webcasts, especially when you plan and look forward to them, but life doesn't always cooperate with plans! Due to illness in the family, we missed the [September 10 webcast](#), the first in the new series of six free webcasts on "Living in Joy, Dying in Peace," and we were reminded once again to practice while we still can. Life is so fleeting – impermanence

is right now. The illnesses and deaths of those close by remind us not to delay and to rest in our true nature when we are able, practice when we can, and connect with our teachers and sangha whenever the opportunity arises!

The teaching excerpt included in this issue is from the oral teachings given by Tenzin Wangyal Rinpoche at Serenity Ridge in summer 2013. It, too, reminds us of how easily we lose ourselves in continually looking and searching all around us, just as our smartphones or navigation systems are doing. Read Rinpoche's words on "Turn off Your Search Mode – Trust in Being."

Mark your calendars for the three free upcoming webcasts in October and November. There are simultaneous translations of the webcasts in up to 12 languages, as well. And space is still space available at the annual Fall Retreat at Serenity Ridge October 12–16 on "The Practice of Chöd from the Bön Mother Tantra."

Act fast if you want to sign up for the Ligmincha Learning online course on “Transforming Our Emotions through the Six Lokas,” a seven-week course starting October 1. Ligmincha Learning will offer a brand new free online course, “Starting a Meditation Practice,” beginning November 1. And a new Ligmincha Learning course on “Awakening the Sacred Feminine: The Healing Practice of Sherab Chamma” is coming in January. See all the details below.

GlideWing's next online course, on the topic of “Achieving Great Bliss through Pure Awareness,” begins November 12.

Rinpoche will be the keynote speaker on October 8 at the Mindfulness Leadership Conference in Philadelphia, Pennsylvania, if you are in the area. His topic will be “Enlightened Leadership.” And if you are in the San Jose, California area, you can attend Rinpoche's talks during the Science and Nonduality Conference beginning October 20. How fortunate that Rinpoche is available and able to share the teachings at so many different venues! You can always find Tenzin Rinpoche's teaching schedule by [date](#) and by [location](#) on the [Ligmincha International](#) website.

Winter Retreats at Serenity Ridge are right around the corner – see the details below. The 3 Doors announces a new Compassion Project – learn more! And you can find the link to the 2015 Annual Report for Ligmincha International – read about activities accomplished during 2015 and read a report about Ligmincha's finances. Can you help VOCL share the duties of webmaster? See the article below to find out how you can help. Last but not least, our links to the Spanish and Portuguese translations of the August issue of Voice of Clear Light.

In Bön,
Aline and Jeff



‘Turn Off Your Search Mode – Trust in Being’

An Edited Excerpt from Oral Teachings Given by Geshe Tenzin Wangyal Rinpoche



Next Free Live Webcasts with Tenzin Wangyal Rinpoche

Parts 2 & 3 of Six-Month Course on Living and Dying Plus ‘The Practice of Chöd’



Registration is now open for the following live webcasts with Geshe Tenzin Wangyal Rinpoche. Each webcast is free and open to all!

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October 8, 2016 (Saturday), 3–4:10 p.m.:

Transcending Fear, Finding Hope

Fear may be the single biggest obstacle to leading a meaningful and joyful life, and to experiencing peace of mind at the time of death. Whether we are afraid of losing our keys, losing a loved one or losing our health, fear blinds us to our true nature and potential. Through a teaching and guided meditation, Geshe Tenzin Wangyal Rinpoche will help us acknowledge our fears and use them as a doorway to the changeless essence that is beyond ego and fear. In connecting with that new space, we can discover a wealth of confidence, flexibility, potentiality, creativity and joy.

This webcast is Part 2 of the free six-month course on Living with Joy, Dying in Peace.

[Register for October 8 webcast](#)

[View September 10 webcast](#)
[Learn more about the course](#)

October 15, 2016 (Saturday), 3–4:30 p.m.

Fear and Attachment: Doorways to Liberation (The Practice of Chöd)

Tenzin Wangyal Rinpoche will teach and guide a meditation during his annual Fall Retreat at Serenity Ridge Retreat Center, Nelson County, Virginia. The practice of chöd is a creative and skillful method for dissolving the emotional conflicts and dissatisfaction in your life by cutting through, with compassion, the fear and attachment that obscure your natural state of mind. Broadcast live from the teaching hall.

[Register for October 15 webcast](#)
[Learn about the Fall Retreat](#)

November 12, 2016 (Saturday), 3–4:10 p.m.

Asleep but Not Unconscious: Discovering Awareness in the Sleep State

According to the ancient Tibetan spiritual traditions, the process of falling asleep is similar to the process of dying: the five elements of earth, water, fire, air and space dissolve; we enter ever-subtler states of awareness; and we transit alone to a new dimension. Yet, throughout this transition it is possible to continuously maintain our awareness. Tenzin Wangyal Rinpoche explains how to cultivate awareness in both sleeping and dying, and guides a supportive meditation practice.

This webcast is Part 3 of the free six-month course on Living with Joy, Dying in Peace.

[Register for November 12 webcast](#)
[Learn more about the course](#)

For More Information

[View the first \(September 10\)](#) webcast of the course on Living with Joy, Dying and Peace
[Learn more about the free six-month course](#), including its discussion forum, video and downloadable audio recordings and print materials
[Frequently asked questions](#) about live webcasts



There's Still Time to Register for Fall Retreat!

October 12–16: The Practice of Chöd from the Bon Mother Tantra



Join us October 12–16 for Tenzin Wangyal Rinpoche's annual Fall Retreat at Serenity Ridge. Rinpoche will teach on the topic of "Fear and Attachment: Doorways to Liberation – The Practice of Chöd from the Bon Mother Tantra."

There is not one person who does not face problems in life. Many of these problems have to do with fear and attachment. Fear and attachment are also the most critical obstacles to realizing your essential nature.

The practice of chöd is a creative and skillful method for dissolving the emotional conflicts and dissatisfaction in your life by cutting through, with compassion, the fear and attachment that obscure your natural state of mind.

[Learn more/register](#)

Note: A [Fall Service Retreat](#) will be held October 17–20. Participants will receive 50 percent off the cost of registration for the Fall Retreat.

[Learn more](#)



Ligmincha Learning Course on Six Lokas▯ Starts October 1

Coming in 2017: 'Awakening the Sacred Feminine: The Healing Practice of Sherab Chamma'



Shenla Odkar

Sign up now for Ligmincha Learning's online course with Tenzin Wangyal Rinpoche on "Transforming Our Emotions Through the Six Lokas." This seven-week course runs from October 1–November 19, 2016.

At one time or another each of us suffer strong emotions that throw us off balance, cause us to act in ways that we later regret and make us lose touch with our true nature. Centuries ago, the masters of the Bön lineage developed the meditations of the Six Loka specifically to remedy this situation, to help us live our lives in a balanced and relaxed way.

The meditations focus on the root causes of our suffering: anger, desire or greed, ignorance, jealousy, pride and laziness. Through each meditation we examine our habitual patterns so that we may recognize them, then invoke the enlightened energy of the Buddhas to purify and transform us so that we and all other beings might not continue to suffer in this way. The practices have a deep healing and transformative power, and are traditionally practiced at

length as a preliminary to dzogchen contemplation.

[Learn more/register](#)



Sherab Chamma

Coming in 2017: Ligmincha Learning is happy to announce a new online course: “Awakening the Sacred Feminine: The Healing Practice of Sherab Chamma” with Marcy Vaughn from January 6 – February 10, 2017. Look for more information soon on the [Ligmincha Learning](#) website.



Starting a Meditation Practice

A New, Free Self-Guided Course with Rinpoche on Ligmincha Learning



[Donate now](#)

Rinpoche is Keynote Speaker on 'Enlightened Leadership' October 8 **Mindfulness Leadership Conference in Philadelphia, Pennsylvania**



If you are near the Philadelphia area, join Geshe Tenzin Wangyal Rinpoche, on Saturday, October 8, as he gives the opening keynote address at the conference on Mindfulness and Leadership: Leading from Within at the University of Pennsylvania.

Rinpoche will give the opening keynote address on “Enlightened Leadership” October 8 from 7–9 p.m. at the Perelman Center for Advanced Medicine at the University of Pennsylvania. His address will explore how mindfulness and meditation facilitate leadership. True leadership connects us to the innate spaciousness of our being so that conflict arising from ego, attachment and aversion dissolve.

Meditative practices offer direct access to this spaciousness, allowing openness and compassion, necessary components of enlightened leadership, to grow. The evening will include a talk, guided meditation practice and discussion.

The conference continues the next day, October 9, from 9 a.m.–4 p.m. at the same location, with Tenzin Rinpoche and four other speakers.

The event is sponsored by the Penn Program for Mindfulness. Rob Patzig, president of Ligmincha International, and Alejandro Chaoul-Reich, Ph.D., Ligmincha’s director of research and a faculty member at the University of Texas M.D. Anderson Cancer Center, collaborated on the conference. Ligmincha has sponsored four Buddhism and Science conferences in past years.

[Learn more/register](#)



Tenzin Wangyal Rinpoche Featured Presenter

Science and Nonduality Conference in San Jose, California

On October 20, Tenzin Wangyal Rinpoche will present a preconference workshop and an evening plenary session at the Science and Nonduality Conference in San Jose, California.

Rinpoche's topic for the workshop, scheduled from 2–5 p.m., will be "The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life." That evening, when the conference begins, he will present a plenary session from 8:40–9:10 p.m. on "Awakening the Luminous Mind."

The theme of the 2016 conference, held at the Dolce Hayes Mansion in San Jose, is On the Edge of the (Un)known. The program begins with preconference workshops on October 19 and ends October 23. Presenters include Deepak Chopra and Robert Thurman, among others.

[Learn more](#)



The 3 Doors Compassion Project Launches

Meditation Practices to Strengthen Resilience to Suffering



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Next GlideWing Online Workshop Begins November 12

‘Achieving Great Bliss Through Pure Awareness’



Tenzin Wangyal Rinpoche’s next three-week GlideWing online workshop, on “The Nature of Mind: Achieving Great Bliss Through Pure Awareness,” will be held November 12–December 4. This ancient Tibetan meditation practice provides a direct method for entering the state of pure awareness that leads to peace, joy and, ultimately, full realization.

In this interactive course, students will learn and practice from their own home, at their own schedule, with personal support and guidance from Geshe Tenzin Wangyal Rinpoche.

Via Internet-based video, Rinpoche will guide you through each of the steps of the Fivefold Teachings of Dawa Gyaltsen, an eighth century dzogchen meditation master. Dzogchen, also known as the "Great Perfection" or "Great Completion," is considered the path of self-liberation and the highest form of teaching and practice in the Tibetan Bön Buddhist tradition. The practices of this workshop offer methods for progressively expanding and deepening one's state of conscious awareness until one transcends the level of the ordinary mind, becoming one with

the blissful state that is the true nature of mind.

[Learn more and register](#)

Upcoming GlideWing Workshops:

- Jan. 7–29, 2017: [Awakening the Sacred Body](#)
- Feb. 25–March 19, 2017: [Healing from the Source: Meditation as Medicine for Body and Mind](#)



Winter Retreats at Serenity Ridge

The Experiential Transmission of Zhang Zhung, Part 3 and Practice Retreat

Join Geshe Tenzin Wangyal Rinpoche December 27, 2016–Jan. 1, 2017 for Part 3 of The Experiential Transmission of Zhang Zhung as participants continue to explore the nature of mind. Part 3 – View, Meditation, Conduct and Result of Dzogchen – focuses on pith instructions to develop certainty in the nature of mind and to integrate experiences and realizations in everyday life.

Participants must have received the teachings for the Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind before progressing to Part 3.

[Learn more](#)

Immediately following the Winter Retreat, a Practice Retreat will be offered January 2–3 or Jan. 2–8, 2017, with Geshe Tenzin Yangton for anyone who has completed Part 3 of the Experiential Transmission, or for those who wish to attend a personal practice retreat.

[Learn more](#)



Ligmincha International's 2015 Annual Report

Read About Ligmincha's International Activities and Finances



Ligmincha International's Annual Report for calendar year 2015 was recently released. Read about what has been happening during 2015 and read a report about Ligmincha's finances.

This year Ligmincha has changed its accounting process, so this report covers the entire calendar year for 2015. The report contains information about sanghas and centers around the world, including Serenity Ridge, headquarters of Ligmincha International, and information about Tenzin Wangyal Rinpoche's expanded teachings both throughout the world and online.

[Read 2015 Ligmincha International Annual Report](#)



□ We Need Your Help!

Seeking Volunteer Webmaster for Voice of Clear Light

Ligmincha is in need of a new webmaster for its newsletter, Voice of Clear Light (VOCL). Sharing of position with a second volunteer is possible.

The person in this volunteer position takes the articles and photos for each issue of the VOCL and creates the online issue every other month. Typically this position requires an estimated 15 hours of work for each issue. The main skill sets needed to succeed are familiarity with Joomla and HTML coding. Some ability to render photos into various sizes using an image editor such as PhotoShop or Print Shop also is helpful.

If you have ever worked with Joomla before and think that you would enjoy using your skills to support the worldwide sangha, please email the [Ligmincha office](#) with a brief description about yourself and any relevant background. We will be sure to get back to you.



Spanish and Portuguese Translations of VOCL

Link to October Issue in Spanish Now Available

[Read VOCL in Spanish](#)

Link to August Issue in Portuguese Now Available

[Read VOCL in Portuguese](#)



Upcoming Retreats

Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, Ligmincha International headquarters located in Nelson County, Virginia. To register or for more information, click on the links below, [email us](#) or call 434-218-1290.

October 12–16, 2016

Fall Retreat 2016: The Practice of Chöd from the Bon Mother Tantra

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

October 17–20, 2016

Fall Service Retreat

Share with the sangha and receive a discount off the cost of registration for the Fall Retreat.

[Learn more](#)

December 27, 2016–January 1, 2017

Winter Retreat: The Experiential Transmission of Zhang Zhung, Part 3: The Practice of the Path

with Geshe Tenzin Wangyal Rinpoche

Prerequisite: Previous completion of Part 2 of the Experiential Transmission of Zhang Zhung series.

[Learn more/register](#)

January 2–3 or January 2–8, 2017

Winter Practice Retreat

with Geshe Tenzin Yangton

Prerequisite: Students who have received Part 3 of the Experiential Transmission teachings or who have registered to attend Part 3 in December 2016 may attend.

[Learn more/register](#)

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please [email the registrar](#), call 434-218-1290 or visit the [Serenity Ridge website](#)

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