

## Teaching Issue

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[Read the full issue](#)

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### Letter from the Editors Our Safest Haven

Dear Friends,

In this issue, read a wonderful excerpt from Tenzin Wangyal Rinpoche's latest book, *The True Source of Healing*, published in July 2015 by Hay House. Rinpoche encourages us to rest in our inner refuge, our safest haven

[More](#)

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### Your Safest Haven

An Excerpt from Tenzin Wangyal Rinpoche's Latest Book, *The True Source of Healing*

There is no better protection than the refuge of unbounded sacred space, infinite awareness, and genuine warmth. Any external source of refuge is ultimately unreliable. [More](#)



## **His Holiness Lungtok Tenpai Nyima Rinpoche's Health Improved**

### **Please Continue To Do Long Life Mantra**

We are happy to share the good news that the health of His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin, is improving. Please continue to do the Long Life Prayer and Long Life Mantra for His Holiness. [More](#)



## **Upcoming Webcasts with Tenzin Wangyal Rinpoche**

### **October 10 and October 24**

Please join Tenzin Wangyal Rinpoche for the ninth in the yearlong series on Soul Retrieval: "Nourishing Your Inner Being: Questions and Answers." It will take place on Saturday, Oct. 10, 2015, 3–4:30 p.m. Eastern time U.S. (New York time). [More](#)



## **Ligmincha's Ocean of Wisdom Website Growing Internationally**

### **An Interview with Paris Smithson**

*Ocean of Wisdom is a Ligmincha International project and is the initiative of Geshe Tenzin Wangyal Rinpoche. The project aims to blend the power of technology with the knowledge and*

wisdom of Tibetan Bon Buddhism. [More](#)

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## **A Request to International Sangha Members We Would Love to Hear From You!**

Please consider sharing news about your sangha in the Voice of Clear Light newsletter! We would love to hear from you and VOCL readers would, too. [More](#)

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## **Chamma Ling Poland 20th Anniversary Celebrating a Milestone During Summer Retreat**

*Rob Patzig, president of Ligmincha International and chair of the Ligmincha International Board of Directors, attended the recent retreat at Chamma Ling Poland, a celebration of the 20th anniversary of Tenzin Wangyal Rinpoche's first teaching in Poland. Rob shares his experience with some beautiful pictures, too. [More](#)*

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## **Ligmincha's Annual Fall Retreat at Serenity Ridge**

### **Still Time to Register for October 21–25 Retreat!**

Ligmincha's Annual Fall Retreat at Serenity Ridge on "The Five Elements: Connecting with the Living Universe" with Geshe Tenzin Wangyal Rinpoche will be held October 21–25, 2015. The early-bird registration will go until September 22.

According to the ancient Tibetan spiritual traditions, the five natural elements of earth, water, fire, air and space are fundamental aspects of a living universe. Tenzin Wangyal Rinpoche will guide practices through which we can deeply connect with the elemental essences, and nourish and restore health and vitality.

[Learn more/register](#)



## **New Fall Work Retreat at Serenity Ridge**

### **October 26–29, 2015**

Join us at Serenity Ridge following the annual Fall Retreat (Oct. 21–25) for a special work retreat. Starting Oct. 26, you can work for up to four days, six hours per day, with a 10 percent discount off the cost of registration for each day worked.

[More information](#)



## **Meditation as Medicine**

### **Reflections on a New Online Workshop with Tenzin Wangyal Rinpoche**

*We tend to view emotional and physical pain as the enemy. A new online workshop with Geshe Tenzin Wangyal Rinpoche reveals why we shouldn't—and shows us how meditation practice can transform our own pain and sickness through the healing warmth of loving-kindness.* [More](#)



## **Trul Khor Part 5: Postgraduate Training November 5–8 , 2015**

### **New Series of Trul Khor Will Begin in 2016**

Join Alejandro Chaoul-Reich, Ph.D., and honored guest Geshe Tenzin Yangton for the Tibetan Bon Yoga Postgraduate Retreat to be held at Serenity Ridge Nov. 5–8, 2015. [More](#)



## **Winter Retreat at Serenity Ridge**

### **The Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind**

Join Geshe Tenzin Wangyal Rinpoche for Part 2 in the Experiential Transmission series, the centerpiece of Rinpoche's dzogchen teachings. Part 2 will focus on “Introduction to the Nature of Mind.” *Completion of Part 1: Ngondro is a prerequisite.*

[Learn more](#)

**A Practice Retreat** will be offered in January 2016, immediately following the Winter Retreat, for anyone who has completed Part 2 of the Experiential Transmission.

[Learn more](#)

**\*\*\*Please note:** An additional retreat on “The Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind” will be offered February 24–28, 2016 with Geshe Tenzin Yangton, resident lama at Serenity Ridge. Because of the high interest in this five-part series, and the large number of people already registered for the December Zhang Zhung Part 2 retreat, we are offering this additional retreat. All participants will be able to attend Zhang Zhung Part 3 in December 2016.

[Learn more](#)



## Enjoy Introductory Video from September 12 Live Webcast Nourishing Your Inner Being

Have you seen the beautiful introductory video, just over three minutes long, from the September 12 webcast with Tenzin Wangyal Rinpoche? The images, words and music come together beautifully in this inspired video based on Rinpoche's book, *The True Source of Healing*, with video and editing done by Salvadore Espinosa.

[View YouTube video](#)

[View Sept. 12 recorded webcast](#) with Tenzin Wangyal Rinpoche on “Nourishing Your Inner Being”

Order your copy of *The True Source of Healing* from [Ligmincha's Tibet Shop](#)



## **Spanish and Portuguese Translations of VOCL**

### **Links to August Issue Now Available**

[Read VOCL in Spanish](#)

[Read VOCL in Portuguese](#)



## **Upcoming Retreats**

### **Serenity Ridge Retreat Center**

The retreats listed below will take place at Serenity Ridge Retreat Center, headquarters of Ligmincha International, located in Nelson County, Virginia. To register or for more information, click on the links below, or contact us at [sr.registration@ligmincha.org](mailto:sr.registration@ligmincha.org) or 434-263-6304.

**Oct. 21–25, 2015**

**Fall Retreat – The Five Elements: Connecting With the Living Universe**

*with Geshe Tenzin Wangyal Rinpoche*

[Learn more/register](#)

**Oct. 26–29, 2015**

**Fall Work Retreat**

[More information/application](#)

**Nov. 5–8, 2015**

**Trul Khor Part 5: Post-Training**

*with Alejandro Chaoul-Reich, Ph.D., and honored guest Geshe Tenzin Yangton*

[Learn more](#)

**Dec. 27, 2015–Jan. 1, 2016**

**The Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind**

*with Geshe Tenzin Wangyal Rinpoche*

Prerequisite: Completion of Part 1: Ngondro

[Learn more](#)

**Jan. 1-3 or January 1-9, 2016**

**2016 Winter Practice Retreat: Experiential Transmission of Zhang Zhung, Part 2**

*with Geshe Tenzin Yangton*

Prerequisite: Completion of Part 2: Introduction to the Nature of Mind

[Learn more](#)

**Feb. 24-28, 2016**

**Special Zhung Zhung 2 Retreat: The Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind**

*with Geshe Tenzin Yangton*

Prerequisite: Completion of Part 1: Ngondro

[Learn more](#)

[Read more about retreats](#)

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please contact the [Ligmincha registrar](#) or call 434-263-6304, or visit the [Serenity Ridge website](#) .