Letter from the Editors

Seeing Through One's Stories

Dear Friends,

What is the nature of the many identities and stories that we've held onto and let go of throughout the years? And who is the I that is so enthralled by them? In the excerpt that follows, Tenzin Wangyal Rinpoche refreshes us on what's needed along the way toward resting in the wisdom of knowing yourself.

Ligmincha International is happy to announce details about this year's Fall Retreat to be held in Kathmandu, Nepal, October 9-14, 2024 and registration is now open! See all the details below.

More
Coming to Rest in the Awareness Underlying All of Our Stories and Identities

An Excerpt from Tenzin Wangyal Rinpoche’s Teachings in Mexico, March 2023

It's good to know that this notion of wisdom that I've been speaking of so much does not conflict with any other traditions. That's because wisdom is only one, whether it's your wisdom, my wisdom or our wisdom. And a very simple way of saying what wisdom is would be: self-realization, self-awareness, knowing yourself. Okay, so what does knowing yourself mean?

Over time, I have been sharing so many of my reflections on Facebook that you might be saying to yourself, *he's talking about the same thing in so many different ways.* Yes I am. And clearly it's not because there are so many wisdoms, but rather it's because there are so many pains. All the reflections I've shared anchor this wisdom in different examples of the pains that we're familiar with. Yet, throughout all of these, the wisdom is the same. More

Tenzin Wangyal Rinpoche’s Worldwide Teaching Schedule

Upcoming Retreats

Here is Geshe Tenzin Wangyal Rinpoche’s upcoming teaching schedule. Rinpoche continues to travel and teach in Virginia, England, Poland, Germany, France, Hungary and Nepal in the upcoming months. More
New Details on Ligmincha’s Fall Retreat in Kathmandu, Nepal

October 9-14 with Tenzin Wangyal Rinpoche

Join Tenzin Wangyal Rinpoche in Nepal! For the first time in 25 years, Rinpoche returns to offer a retreat in Kathmandu, a city steeped in many ancient spiritual traditions and cultures, including Yungdrung Bon. This retreat will include 5 days of teachings on the practice of Chod and a one-day pilgrimage to the great Bon monastery, Triten Norbutse.

Chod is a skillful method for transforming the fear, aversion and attachment that obscure our true nature, and with it the qualities of love, compassion, joy and equanimity that exist in all sentient beings.  More

The Cycle of Light & Dark, Free Online Course, More

New CyberSangha Offerings Beginning May 29

Don't miss the next online CyberSangha broadcasts! They are free and open to all - see below. On the same topic, have you visited our new CyberSangha community app? It's a great tool for receiving teachings and support in your practice and helping you stay notified about upcoming events of interest. The app now hosts a new "Community Activities" space where you can More
Reflections of the Day

Tenzin Wangyal Rinpoche

We are inspired to share several of Rinpoche’s Reflections of the Day from April. Here’s what he said about them on Facebook:

As many of you know, I often share my daily reflections. These are not lessons for others, but rather insights derived from my observations of the world around me. Through deep self-reflection, I articulate my thoughts and feelings, both to guide myself and to support others on similar journeys. I hope these reflections inspire you to find better paths, just as they do for me. More

Register Soon: Tummo Part 4 Summer Retreats

At Serenity Ridge June 22-July 6 and in Poland August 13-18

It’s almost time for the summer retreat at Serenity Ridge, June 22-July 2, and the summer retreat at Chamma Ling Poland, August 13-18. These retreats will focus on the culmination of a four-year cycle of Tummo teachings with Tenzin Wangyal Rinpoche and will be in-person only and will not be available on Zoom. The retreats are open only to students who have had prior experience with the practice of Tummo. More
Upcoming Ligmincha Learning Course

Tsa Lung: Meditation, Breath and Movement with Alejandro Chaoul

Ligmincha Learning's online course on Meditation, Breath and Movement with Alejandro Chaoul will be offered June 28-July 28, 2024 (with Spanish & Portuguese subtitles available). Tsa lung is a series of ancient yogic practices that brings balance and harmony to our physical body, energy and mind. More

Healing from the Source

GlideWing Online Workshop Begins June 15

GlideWing is pleased to offer Healing from the Source, a three-week online workshop with Tenzin Wangyal Rinpoche from June 15-July 7, 2024. Participants will practice from their own homes, at their own schedule, with guidance from Rinpoche.

In this workshop, Geshe Tenzin Wangyal Rinpoche focuses on cultivating loving-kindness as a means for preventing and healing both physical and emotional pain. More
3 Doors Academies Begin in Europe & Latin America in 2024

Compassion Project Plus Free Practice Opportunities

The 3 Doors is delighted to offer its signature program, the Academy, in Europe and Latin America. The 3 Doors Academy is an immersive 2.5-year program that provides participants the opportunity to engage deeply in the process of self-discovery. Participation involves both online and in-person components, including monthly group Zoom sessions, individual mentor sessions with the teachers, personal retreats, and weeklong, in-person, group retreats. More

Spanish Translation of VOCL

Link to April 2024 Issue Now Available

Look for the translations of Voice of Clear Light newsletters at the top of the VOC L website.

Read VOCL in Spanish