

# The Voice of Clear Light

## THE LIGMINCHA INSTITUTE NEWSLETTER

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RICHMOND, VA

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## SCHEDULE OF TENZIN WANGYAL RINPOCHE & OTHER EVENTS

**JULY 25**  
**WARSAW, POLAND**  
Introduction to Dzogchen.  
Contact Marek Gorny, (48)  
602242906 or  
[dzogczen@netkat.com.pl](mailto:dzogczen@netkat.com.pl)

**JULY 26**  
**POZNAN, POLAND**  
Introduction to Dzogchen.  
Contact Marek Gorny, (48)  
602242906 or  
[dzogczen@netkat.com.pl](mailto:dzogczen@netkat.com.pl)

**JULY 27**  
**KATOWICE, POLAND**  
Introduction to Dzogchen.  
Contact Marek Gorny, (48)  
602242906 or  
[dzogczen@netkat.com.pl](mailto:dzogczen@netkat.com.pl)

**JULY 29–AUG 2**  
**POREBA WIELKA (GORCE),  
POLAND**  
Continuation of Ah Khrid  
Meditation  
(beginners welcome). Contact  
Marek Gorny, (48) 602242906 or  
[dzogczen@netkat.com.pl](mailto:dzogczen@netkat.com.pl)

**AUG. 5–7**  
**POREBA WIELKA (GORCE),  
POLAND**  
East-West Psychology and  
Contemplative Healing. Contact  
Marek Gorny, (48) 602242906 or  
[dzogczen@netkat.com.pl](mailto:dzogczen@netkat.com.pl)

**AUG. 10–18**  
**GARANAS, AUSTRIA**  
Zhang Zhung Nyan Gyud:  
Experiential Transmission,  
Parts 2 & 3. Contact Oliver Leick,  
tel. 0043-3386-571, or  
[oliver.leick@telecom.at](mailto:oliver.leick@telecom.at)

**AUG. 22–24**  
**VIENNA, AUSTRIA**  
Chod Practice. Contact Elizabeth  
Gattringer, tel. 0043-1-504-9183.

**AUG.–SEP. 2**  
**LOS ANGELES**  
Zhang Zhung Nyan Gyud:  
Experiential Transmission,  
Parts 2 & 3. Contact Bob Anger,  
(310) 455-3886.

**SEP. 4–7**  
**SAN DIEGO**  
Introduction to Dzogchen  
Teachings, and Zhine Practice.  
The Zhine practice helps one to  
focus attention and calm the  
mind. Contact: Khalipha,  
(619) 753-3302, or  
[Rudra@unit.edu](mailto:Rudra@unit.edu)

**SEP. 12–14**  
**CHARLOTTESVILLE, VIRGINIA**  
Subject to be announced.  
Contact Ligmincha Institute,  
(804) 977-6161 or  
[Ligmincha@aol.com](mailto:Ligmincha@aol.com)

**OCT. 3–7**  
**BOSTON**  
Zhang Zhung Nyan Gyud:  
Experiential Transmission,  
Part 5. Contact Martin  
Lowenthal, (617) 332-4967 or  
[LowenthalM@aol.com](mailto:LowenthalM@aol.com)

**OCT. 10–12**  
**CONWAY, MASS**  
The Healing Power of the  
Natural Elements, Shang Shung  
Institute. Contact Verena Smith,  
(413) 549-2830 or  
[103626.1210@compuserve.com](mailto:103626.1210@compuserve.com)

**NOV. 1**  
**CHARLOTTESVILLE, VIRGINIA**  
The History and Doctrine of Bon.  
A lecture for the Tibetan  
Community in Charlottesville.  
Contact: (804) 977-6161 or  
[Ligmincha@aol.com](mailto:Ligmincha@aol.com)

**NOV. 2**  
**CHARLOTTESVILLE, VIRGINIA**  
The Book of the Dead.  
Rinpoche is keynote speaker at  
the opening of a comprehensive  
exhibition of manuscripts,  
blockprints, modern editions  
and works of art from collections  
of the University of Virginia  
library. Literature from the reli-  
gious traditions of Tibet, India  
and Nepal. Contact Kathy  
Morgan, Alderman Library

Special Collections Dept.,  
(804) 924-3025, or  
[mssbks@virginia.edu](mailto:mssbks@virginia.edu)

**NOV. 4**  
**HOUSTON, TEXAS**  
Christian/Buddhist Dialogue.  
This meeting with Father  
Freeman will be a sequel to the  
well-received talk on H.H. the  
Dalai Lama's book *The Good  
Heart*. Contact the Houston  
Khyung Dzong, (713) 523-7330,  
or Edouard Philippe at  
[eddy@hti.net](mailto:eddy@hti.net)

**NOV. 5–10**  
**HOUSTON, TEXAS**  
Zhang Zhung Nyan Gyud:  
Experiential Transmission,  
Parts 2 and 3. Contact the  
Houston Khyung Dzong,  
(713) 523-7330, or  
Edouard Philippe at  
[eddy@hti.net](mailto:eddy@hti.net)

**NOV. 14–16**  
**CHIHUAUA, MEXICO**  
Subject to be announced.  
Contact: George and Katy Valles,  
(14) 300805; or contact  
Casa Amatlan at (525) 546-3281  
or (525) 566-8304, or  
[cocohomex@compuserve.com.mx](mailto:cocohomex@compuserve.com.mx)



# The Voice of Clear Light

Volume VI, Issue 2

THE LIGMINCHA INSTITUTE NEWSLETTER

Summer 1997

## Ligmincha Land Quest Progresses



Jim Travisano

*Virginia is the first choice for a home for Ligmincha Institute.*

**T**he search for a home for Ligmincha is continuing. Ten sites have been thoroughly investigated. Although an appropriate site has not yet been found, the process has been instructive, and the individuals who have been actively involved are much more aware of the many factors which need to be considered before this decision is made.

As a result of the extensive work which John Massie and John Jackson did on the Fluvanna site, we realize that a realistic budget for the entire project is \$2 million. This budget includes the cost of the land and all of the buildings (or improvement of

existing buildings on the land) to support the potential uses of the property.

At present we have \$78,562 in the land fund. We encourage those of you who are interested in contributing to the fund to make that contribution as soon as possible.

The search for land is progressing. When an appropriate site is located, we will move quickly to make an offer on the property.

The amount in the fund is crucial in determining how the purchase will be financed. The amount in the fund will also dictate the schedule of projects which will be undertaken to realize our goal of a home for Ligmincha.



Contributions  
to the  
Ligmincha  
Institute Land  
Fund may be  
sent to:

Ligmincha  
Institute  
P.O. Box 1892  
Charlottesville,  
VA 22903



# The Bön Tradition

The Ligmincha Institute was founded to preserve the teachings, arts and wisdom traditions of the Bön tradition of Tibet and make them accessible to the Western world. Our efforts focus on the following areas:

- Translation and research
- Traditional and contemporary arts
- Tibetan medicine and East-West psychology
- Religious teachings and transmissions.

Bön is the oldest religion of Tibet. While many of its teachings are very similar or identical to those of Buddhism, Bön also has its own, distinctive practices. The main difference is that the Bön lineage traces its origin to the Buddha Tonpa Shenrab, rather than Shakyamuni Buddha. The Institute's teachings emphasize Dzogchen, the highest spiritual tradition in Bön.

## Our Teachers

Ligmincha's founder and resident Lama, Tenzin Wangyal Rinpoche, is a master of the Dzogchen meditative tradition of Tibet. He received his Geshe degree, similar to a doctorate in philosophy, from Bönpo Monastic Center, Dolanji, HP, India, after completing the center's 9-year course of Bön studies. In 1986, His Holiness the Dalai Lama appointed Rinpoche to the assembly of deputies of the Tibetan government in exile. The only Bönpo master living in the West who is qualified to teach in the Bön tradition, Rinpoche travels regularly worldwide to meet with students and scholars.

# Announcing the Center for the Study of East–West Psychology and Contemplative Healing

by Jim Manganiello

I am happy to announce that Tenzin Wangyal Rinpoche's vision for a Center dedicated to the Study of East-West Psychology and Contemplative Healing is being realized at Ligmincha Institute.

Rinpoche asked me to serve as the director of the center, and I am happy and honored to do so. I feel very passionate about working toward realizing its goals and its possibilities. The center is fortunate to have Pam Foresman serve as coordinator, since her work is always dedicated and thorough, and we are also pleased to have Hannah Lloyd as a very capable administrative resource.

## Background

Over the years Rinpoche and I, along with others, have talked a lot about matters related to the center's vision. We think that psychology and other healing disciplines can be an important way for the Bön Dzogchen teachings to take root in our culture. We have also agreed about how important it is for practitioners to have experiential knowledge of the forces operating in their own psychology.

Sometimes Western practitioners defend against facing their own psychology by trying to hide out in their practice. I have always valued Rinpoche's keen appreciation for, and deep concern about, this issue.

We also talked about how it is often difficult to find useful resources in the contemplative healing marketplace. Too often health practitioners tend to combine psychology, spirituality and healing by mixing together ideas and practices from disparate traditions that don't really belong together.

With the growing popularity of alternative approaches to healing, there is a greater likelihood that attempts to bridge Eastern and Western healing traditions will be ill-conceived. This can lead to therapies and healing practices that promise more than they can actually deliver.

Consequently, there is a need, which we ultimately hope to fill, to develop critical perspectives that will help distinguish valid and reliable cross-cultural and con-

templative approaches from those that are not. Our goal in doing this is to help establish a strong base of understanding that can advance the cause of developing dependable, trustworthy and effective practices for healing.

## Statement of Goals

Our intention is to create a collaborative relationship between Eastern and Western psychologies that will shed light on how to better understand, prevent and treat illnesses and on how to facilitate healthy human development and well-being. Our approach will be to ensure that Eastern and Western traditions are bridged properly so that they can truly complement each other to advance knowledge, theory and practice. We especially want this cross-cultural collaboration to yield something of genuine value for people troubled by suffering and illness.

The center is fortunate that Tenzin Wangyal Rinpoche is unique as an authentic lineage holder in terms of his flexible openness to exploring how the insights and healing practices of one cultural tradition can advance those of the other.

We want to examine how the wisdom and practices of the Bön–Buddhist contemplative tradition can be mindfully brought together with the knowledge and therapeutic methodologies of select Western traditions to understand, prevent and heal physical and psychological illnesses. We are especially interested in developing successful cross-cultural approaches to working with infirmities that usually remain resistant to intervention by Eastern or Western approaches alone.

## Approaches

The work of the center will seek to underscore the value of viewing health and illness from a sacred perspective. When people are estranged from their true nature, they are more vulnerable to illness, and when they are restored to a connection with their deep inner life, the conditions favoring healing and health

# Dharma Items Available from Ligmincha Institute

## Books on Dzogchen

### New!

*\*Ancient Wisdom: Nyingma Teachings of Dream Yoga, Meditation and Transformation*, by Gyatrul Rinpoche. 150 pp., \$14.95

*Dzogchen: Innermost Essence*, by Tulku Thondup, ed. by Brian Beresford. 129 pp., Tibetan text, \$8.95

*Dzogchen Meditation* by Khamtul Rinpoche, annotated by Gareth Sparham. 117 pp., \$15

*Dzogchen: The Self-Perfected State*, by Chogyal Namkhai Norbu, ed. by Adriano Clemente, trans. by John Shane. 150 pp., 5 line drawings, \$12.95

*The Golden Letters: The Tibetan Teachings of Garab Dorje*, trans. & ed. by John Reynolds; foreword by Namkhai Norbu. 350 pp., \$18.95

*Natural Great Perfection: Dzogchen Teachings and Vajra Songs*, by Nyoshul Khenpo Rinpoche, trans. & ed. by Lama Surya Das. 150 pp., \$14.95

*Practice of Dzogchen*, by Longchen Rabjampa, introduced, trans. and annotated by Tulku Thondup Rinpoche, ed. by Harold Talbott, 482 pp., \$22.95

*\*Tsongkhapa's Six Yogas of Naropa*, trans. and intro. by Glenn H. Mullin. 350 pp., \$18.95

**\*Recommended reading for the upcoming summer retreat.**

*Twenty-One Nails, Vol. II, Oral Commentaries* (\$15.95) by Lopon Tenzin Namdak and Tenzin Wangyal Rinpoche. You must have received the transmission to use this book.

*The Bön Religion of Tibet; The Iconography of a Living Tradition*, (\$55) by Per Kvaerne. Illustrated hardback.

*Wonders of the Natural Mind* (\$15.95) by Tenzin Wangyal Rinpoche.

*Heartdrops of Dharmakaya* (\$15.95) by Lopon Tenzin Namdak.

*Six Lokas practice book* (\$8) by Tenzin W. Rinpoche, edited by John Jackson. You must have received the transmission to use this book.

*Women of Wisdom* (\$10.95) by Tsultrim Allione.

*Tibetan Buddhism from the Ground Up* (\$14) by Alan Wallace.

*Tantric Practice in Nyingma* (\$14.95) by Khetsun Sangpo Rinpoche. Edited by Jeffery Hopkins.

*The Crystal and the Way of Light: Sutra, Tantra, and Dzogchen* (\$12.95) by Namkhai Norbu Rinpoche.

*The Tibetan Book of Living and Dying* by Sogyal Rinpoche. (\$16)

*Dream Yoga and the Practice of Natural Light* (\$13) by Namkhai Norbu Rinpoche, edited by Michael Katz.

### Tapes (\$9 each)

Kunzhi I or II (circle your choice)

Rigpa I or II (circle your choice)

Short Meditation Session Practice Package (\$10) Consists of tape of guided practice, a detailed explanation, and questions and answers.

**Tape Sets** From year one of the seven year program, July 1993

Vol. 1: Lopon Tenzin Namdak Rinpoche on the tenet systems as described in the *Nine Ways of Bön*. 7 tapes (\$40)

Vol. 2: Tenzin Wangyal Rinpoche on the tenet systems as viewed in the Bön and Buddhist traditions. 5 tapes (\$29)

Vol. 3: Lopon Tenzin Namdak Rinpoche explaining some of the teachings included in *Heartdrops of Dharmakaya*. 5 tapes. (\$29)

Vol. 4: Tenzin Rinpoche and Prof. Anne Klein comparing Lo Rig, the Sutra systems, and the Nature of Mind of Dzogchen. 7 tapes (\$40)

Vol. 5: Shamanic teachings by Lopon Tenzin Namdak Rinpoche and Tenzin Wangyal Rinpoche. Five tapes (\$29)

Vol. 6: Tenzin W. Rinpoche on the *Zhang Zhung sNyan rGyud*. 4 tapes (\$24) Sets from *The Experiential Transmission*

Part 1, Vol. 1: Tenzin Rinpoche explains the Bön preliminary practices. 8 tapes (\$45)

Part 1, Vol. 2: Tenzin Rinpoche, from *Heart Drops of Dharmakaya*. 3 tapes (\$18)

Tenzin Rinpoche on *Meditation and the Modern Mind*. 5 tapes (\$29)

Tenzin Rinpoche on *Mindfulness in Daily Life*. 2 tapes (\$14)

## Clothing and Other Items

**Ligmincha T-shirts** (\$15)

Heavy white cotton T-shirts with 5-color

**Ligmincha Logo**  X-Large only

**Khyung Dzong Logo**  X-Large only

**Menri Monastery**

Large Healing Incense (\$6)

Notecards, Hung and Ligmincha logo, set of 10, five of each (\$5)

### Shipping and Handling Costs

U.S.: 10 % of total order

Foreign: 15% of total order

Orders \$100 and over: shipping \$10

*U.S. Funds only, please! Sorry, we cannot process telephone or credit card orders.*

Total Amount.....\$ \_\_\_\_\_

Shipping & Handling .....\$ \_\_\_\_\_

(VA residents add 4.5% sales tax).....\$ \_\_\_\_\_

Grand Total.....\$ \_\_\_\_\_

Please send order to: Ligmincha Institute,

P.O. Box 1892

Charlottesville, VA 22903 USA

Ship to:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel. No. \_\_\_\_\_

# His Holiness Lungtok Tenpa'i Nyima Teaches in the United States

During more than thirty years in exile, His Holiness Lungtok Tenpa'i Nyima has worked hand in hand with Lopon Tenzin Namdak, the lineage's most senior teacher, to rebuild both lay and monastic aspects of the Bön community.

**H**is Holiness Lungtok Tenpa'i Nyima is visiting the United States for the first time this summer. He will give teachings on Love, Compassion and Understanding, the core of the Bön religion. These teachings are particularly appropriate for the circumstances of our world at this particular time in history.

As His Holiness the Dalai Lama, religious and temporal leader of the Tibetan people, said last March, "The challenge before us is to make the next century a century of dialogue and nonviolent conflict resolution." It is in this vein that the Abbot of Menri will share his wisdom.

The Abbot of Menri is the most senior lineage holder of the Bön religion and spiritual head of the Bönpo monasteries in Tibet, India and Nepal, a position he has held since 1969.

During more than thirty years in exile, he has worked hand in hand with Lopon Tenzin Namdak, the lineage's most senior teacher, to rebuild both lay and monastic aspects of the Bön community. Together they created the Bönpo community in Dolanji, the heart of which is the Menri Monastery, where they reinstated a rigorous training for the monks who study philosophy, debate and rituals, among other subjects, as they pursue their Geshe degree (equivalent to a Ph.D. or Th.D.).

In fact, it is there that Tenzin Wangyal Rinpoche, founder of the Ligmincha Institute



and the only Bönpo teacher who resides in the West, obtained his Geshe degree.

It has been said of His Holiness that his knowledge is surpassed only by his sense of humor. His stories of the lives of Dzogchen meditation masters promise to reflect both qualities of this precious and venerable teacher.

## Events Scheduled for His Holiness Lungtok Tenpa'i Nyima

### Summer Retreat, New Mex.

June 30 – July 20, Teachings and Practices from the Mother Tantra  
Contact: Ligmincha Institute at (804) 977-6161 or Ligmincha@aol.com

### Santa Fe, New Mex.

July 25 – 27  
Weekend retreat, "Helpful Advice on Meditation from Early Enlightened Beings of the Tibetan Bön Tradition". The teachings will be held at the College of Santa Fe, 1600 St. Michaels Drive, in the Driscoll Fitness Center.  
Fri., July 25, 6:30 p.m.  
Sat, July 26, 10 to 5 p.m.  
Sun., July 27, 10 to 5 p.m.  
Contact: Jim Casilio at (505) 474-5881

### Boston, Mass.

Aug. 2 – 3, Dzogchen Teachings from the Bön Tradition  
Contact: Jim and Wanda Manganiello at (617) 661-9400

### Conway, Mass.

Aug. 8 – 10, Teachings on Medicine Buddha and Healing  
Contact: Tsegyalgar Dzogchen Community at (413) 369-4153 or 74404.1141@compuserve.com

### Washington, D.C.

Aug. 15 – 17, Teachings at the Shambhala Center  
Contacts: Mark Hoyer (703) 931-9319 and Jill Sidford (703) 486-0448

### Charlottesville, Va.

Aug. 23 – 24, Stories of the Lives of Dzogchen Meditation Masters, New Dance Space, 105 N. First St. Contact Ligmincha Institute at (804) 977-6161 or Ligmincha@aol.com

are strengthened.

Because human beings are prone to dualistic emotional afflictions and to mistaken conceptions about reality, they tend to grasp on to false views, particularly about who they are.

What results are perceptual tendencies that often lead to protracted stress and strain. This is at the root of a majority of the stress-related illnesses prevalent today, which the World Health Organization has characterized as the number one health problem in the industrialized world.

Stress-related illnesses are commonly misunderstood. Unless inner life issues are addressed, most efforts to relax from this grasping are doomed to be merely provisional. Only when a person connects deeply with who they truly are, which can be facilitated by some form of authentic contemplative practice, can grasping, attachment and identification, and their ill effects, be relieved.

In this context, Bön-Buddhist contemplative practices, if properly used, can offer profound opportunities to understand and to heal the human mind and the body. We want to help people to learn how to host "stressful" states of mind instead of becoming possessed by them.

The Center also plans to address issues of death and dying. Western culture has long been denying death. It is a dark tragedy that most people die in fear and without any appreciation of the experience or what they might do to prepare for the moments prior to, during and following death. How to help the dying, during all phases of the death process, will be an important part of the more advanced phases of the center's ongoing training program.

### Center Hosts First Teaching

Rinpoche will be featured at the first of the center's events, scheduled for October 23-26, 1997. His teaching will be focused on the View required for authentic contemplative healing as well as on practices drawn from the Bön-Buddhist healing tradition. We chose these dates to ensure that those attending can enjoy the beauty and splendor of Virginia's peak foliage season.

This teaching will be the first in an ongoing education and training program that the center will offer to a limited number of practitioners who are psychologists, medical physicians or have at least two years of certified supervised training in a recognized health discipline.

If you want to attend the October event, and if your education, training and work experience qualify you to attend, please contact Pam Foresman by August 15 at Ligmincha Institute by mail or send her e-mail at paf2f@virginia.edu. Please note your qualifying credentials for Pam. We ask your understanding that only those people who satisfy the above criteria will be eligible to attend. No exceptions can be made.

All those attending the October event should plan to make a rigorous and ongoing commitment to do the practices so that we can develop mastery over their function. This is required before we can use them with others.

All of us attending the teaching will also be asked to make a written record of our experiences while using the practices. Precise instructions will be provided for us to do this. The data will be essential for the center's validation research on assessing the efficacy of different healing practices.

If you have any questions, you can direct them to me at:  
drjam@ne-mindbody.com.



Our intention  
is to create  
a collaborative  
relationship  
between Eastern  
and Western  
psychologies that  
will shed light on  
how to better  
understand, prevent  
and treat illnesses  
and on how to  
facilitate  
healthy human  
development and  
well-being.



## Voice of Clear Light

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Helen Gatling-Austin, Jim Manganiello,  
Ron Sharrin

### NEWSLETTER DEADLINES

People who want to send articles to be published in the fall issue of VOCL should send their articles on a disk no later than August 15, 1997. For the winter issue, the deadline is November 1, 1997. You may e-mail articles to: nchapman@mindspring.com.

# Treasurer's Report

by Pam Foresman

Once a year I prepare a financial report for *The Voice of Clear Light* in order to apprise the sangha of where our money comes from and how it is spent.

We have changed our fiscal year from one that begins August 1, to one that begins October 1. This change will allow us to get a better idea of our true yearly financial picture. Our previous fiscal year end came at a time just after our biggest event, the summer retreat, and resulted in our splitting major income and expenses for this retreat into two separate tax years. Our new year end should allow all summer retreat expenses and income to fall in the same tax year.

The following charts and information provide a quick look at the sources of Ligmincha's income and our expenditures. To make comparison easier, the figures presented include the nine months of our fiscal year that correspond to the same months of the year that were presented in last year's report. The present figures were drawn from income and expense statements from July 1996 through March 1997, and comparative information was drawn from statements from the same period last year (see last year's data in *The Voice of Clear Light*, summer 1996).

## INCOME

For this nine-month period, Ligmincha received nearly 47 percent of its income from retreats and special events. This is very similar to the percentage noted for last year. Please see the comparison bar charts for the past two years of income and expenditures.

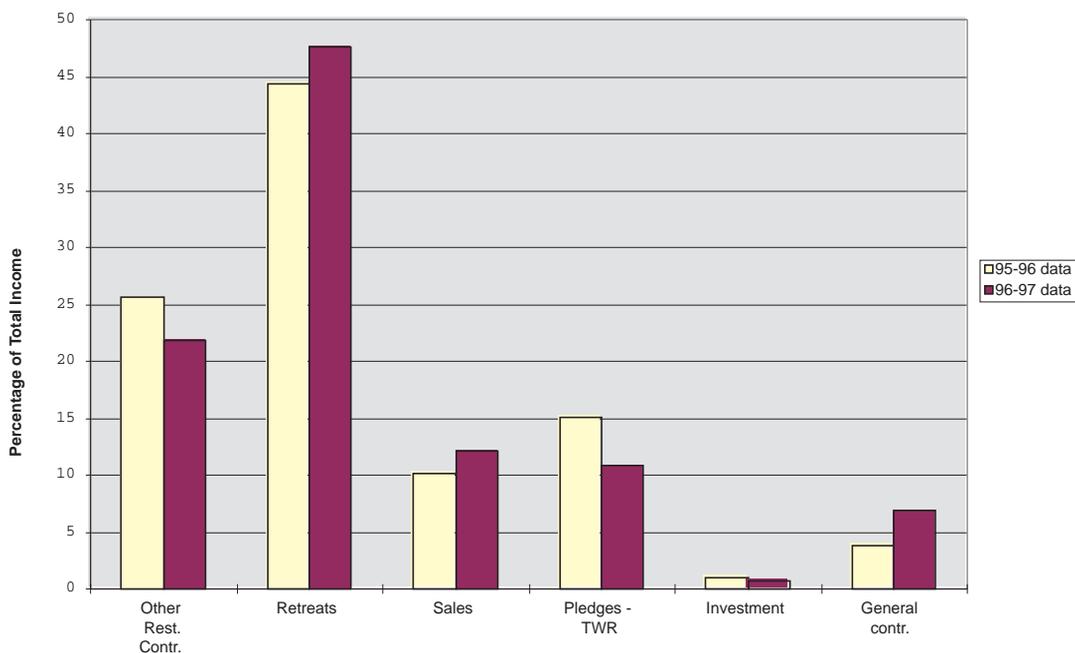
Restricted contributions (22 percent), sales (12 percent) and pledges (11 percent) were the next largest sources. (However, it should be noted that the total income figure includes around \$13,000 that has been received for either Rinpoche, the Bön community, or the Land Fund but has not yet been paid out, and therefore is not yet an expense.)

Most of the contributions (82 percent) coming into Ligmincha since July 1996 have been restricted, either by the donor, or by the Ligmincha Board—that is, they have been designated for a specific purpose. Such contributions are greatly appreciated, but we are finding that we need more unrestricted contributions which can be used to offset the growing operation costs of the institute.

## TWO-YEAR COMPARISON OF INCOME AND EXPENDITURES

The bar charts show how our income and expenditure percentages for the current period compare to the same period last year.

Comparison of Income Percentages For Past Two Years



# Charlottesville News

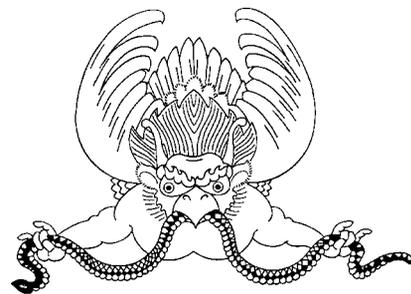
In order to have more pleasurable time together while also getting the work of Ligmincha taken care of, we have instituted monthly "Ligmincha Days" here in Charlottesville on one Sunday per month.

We begin with Ngondro practice from 10 to 11:00 or 11:30 a.m., followed by going out for brunch together and then convening back at Ligmincha for the cleaning, mailing, accounting and

organizing that is so essential to keep our organization going.

We have had our first "Ligmincha Day" and it was wonderful to practice, work and play together. The work was lighter and the company most delightful. If you are nearby, we would love you to come. Upcoming Ligmincha Sundays: July 27 and August 31.

—Helen Gatling-Austin



Ligmincha  
Institute

(804) 977-6161

## Khyung Dzong and Affiliates

Following is a list of Khyung Dzongs and other groups affiliated with Ligmincha Institute. All groups are invited and encouraged to send news of what they are doing to the editor of *The Voice of Clear Light*. This will be one more way for sangha members to keep in touch with one another and be aware of what's happening in our community.

### Poland

Zwiazek Khyung Dzong w Polsce  
P.O. Box 1573  
PL 40-001 Katowice Polska  
Marek Gorny (48-602242906)  
dzogczen@netkat.com.pl  
http://www.netkat.com.pl/~dzogczen

### Philadelphia, Penn.

Gabriel Rocco (610) 649-0636  
or e-mail Caroline Packard,  
carolp@pym.org  
once a week, six sessions

### San Francisco, Calif.

Laura Shekerjian (510) 486-8959  
or e-mail Mark Dahlby,  
writers@writers.com  
alternate Sunday morning

### Houston, Tex.

The Houston Khyung Dzong  
Alejandro Chaoul (713/666-3270)  
Belita Leal (713/791-1719),  
e-mail belita@ruf.rice.edu  
Two practices a week

### Dallas, Tex.

Al Vreeland (214) 265-7930.  
e-mail,  
71036.1210@CompuServe.COM

### New York, N.Y.

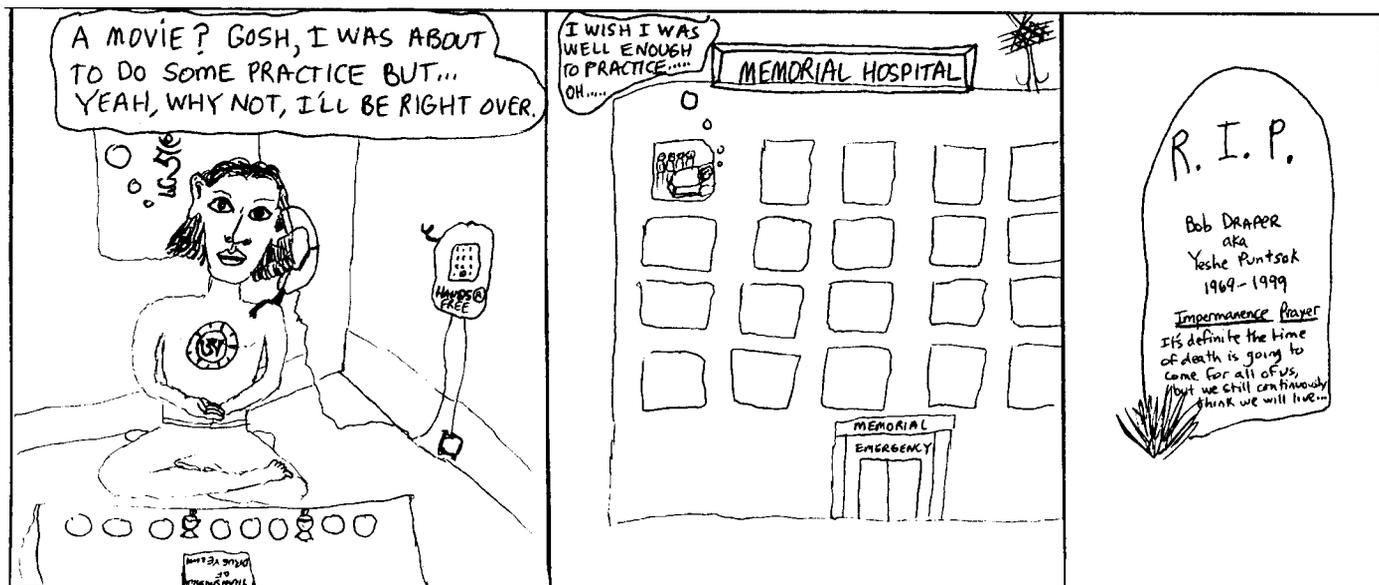
Malcolm Chapman  
212-906-6585 (day)  
212-966-4363 (evening)

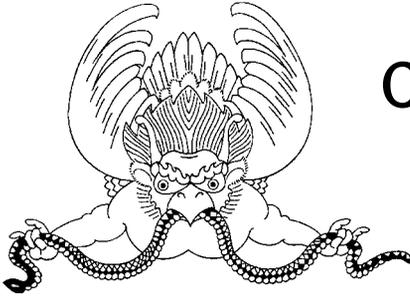
### Southern Calif. (Los Angeles area)

Ron Sharrin (310) 455-2230  
Bob Anger (310) 455-3886  
e-mail, RSharrin@ucla.edu

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# California Khyung Dzong News

Khyung Dzong  
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**A**licia White and Geraldine Takayoshi are to be congratulated and thanked for their hard work as director and secretary/treasurer for the past years. They put in long hours and did a great deal to hold things together and make retreats possible.

Mark Dahlby in San Francisco is also to be thanked for his tireless and very successful work in making Rinpoche's teachings available in the Bay Area. As a lot of people know, he's also been responsible for setting up and maintaining Internet connections for the sangha.

The new officers have been meeting regularly and are working to regularize our practice and open the sangha to more new people. In that vein, we're discussing projects that we hope will make entry into both practice and the sangha easier. These include preliminary classes in Six Session Practice, background readings for Ngondro practice, a local newsletter, building a library of Bön texts for translation, and so on. We are also working on a public seminar for mental health practitioners to examine the interface

between Dharma practice and psychology/psychotherapy.

Some projects farther down the road include a possible seminar on Native American and Bön practices, and hospice work which sangha members can undertake. Several people have now done a dark retreat, and are planning to do Sky and Sun practice before our Labor Day retreat. Their experiences have added a tremendous amount of depth to our discussion of practice and our support of one another.

To date, both Bob Campbell and I (Ron Sharrin) have dark retreat facilities open to interested sangha members. I have had the good luck to be able to support two friends in their dark retreat, and was very moved by the chance to help out.

We are getting ready for Rinpoche's Labor Day teachings and looking forward to being with him. Any of you who might want to venture to California for the retreat are very welcome. We'll do our best to make it possible.

We are looking forward to closer cooperation and communication with other Khyung Dzong's and with Ligmincha. Our regards to everyone

—Ron Sharrin

DHARMAKAYA... by Stephen Dignun



**STEERING COMMITTEE**

We are re-evaluating our fundraising needs, and will enlist the help of many individuals in the sangha to participate in a steering committee. This committee will examine our financial needs and the way we are currently soliciting donations. The committee will submit recommendations as to how to best attain our goals while simplifying the method and the number of solicitations required.

It is our hope that we can initiate a yearly giving campaign, which will solicit unrestricted donations that the officers and board members can allot to the many goals of Ligmincha Institute. If initiated, this would replace our current pledging system and solicitation for special projects (with the exception of the Land Fund).

In addition, contributions which are specifically designated to go to organizations or charities outside the United States are not tax deductible. Therefore, please read the following future directions segment for suggestions about your future contributions.

**EXPENDITURES**

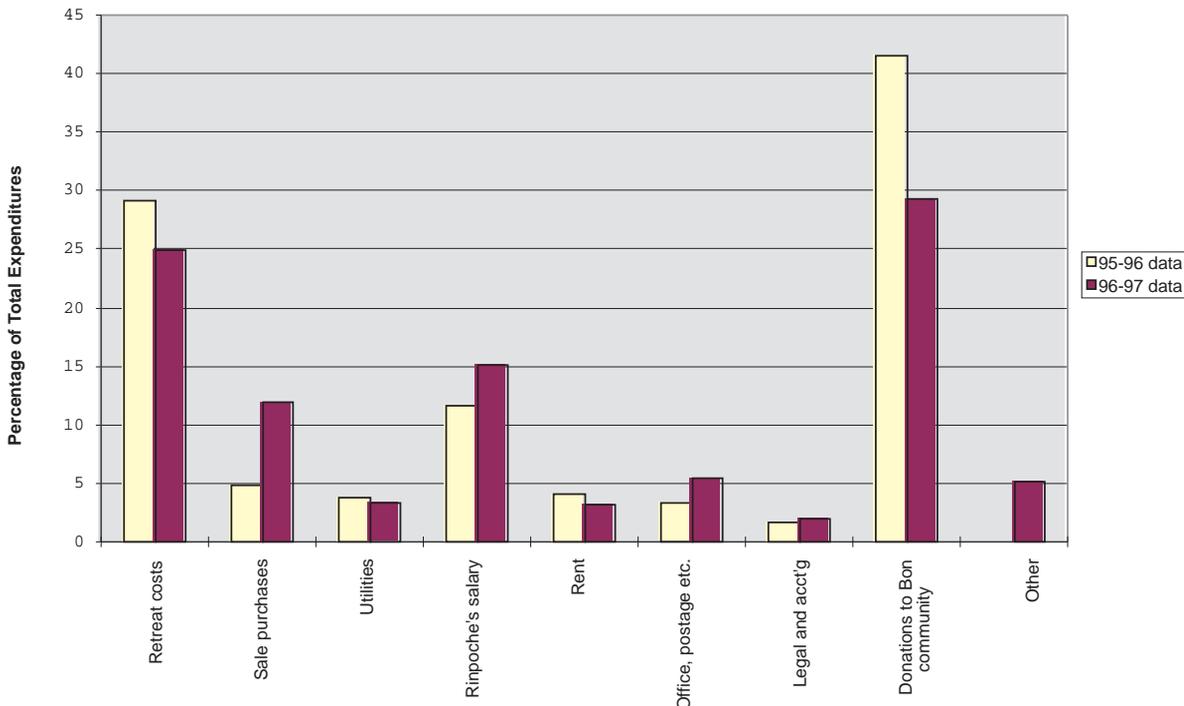
Our greatest expenses were donations to the Bön community (30 percent), retreat costs (food, space, etc.—25 percent) and Rinpoche’s salary (15 percent). Currently, Rinpoche’s salary is taken entirely from pledge donations given expressly for that purpose. The majority (88 percent) of our contributions to the Bön community for this nine-month period went to Tritan Norbutse Monastery in Nepal. This includes the amounts donated at the 1996 summer retreat for monk support, as well as other donations. The remaining Bön community donations went to Menri Monastery (9 percent) and Bön Children’s Home (2 percent). With the aid of your generous contributions, we gave a total of \$53,726 to these three worthy organizations during this nine-month period.

**SHORTCOMINGS**

Our goal for our pledge drive was to collect \$2000/month for Rinpoche’s salary. After two years, we still have not reached this goal. In addition, our newsletter, *The Voice of Clear Light*, continues to run in the red, due to production costs not being offset by subscription income. We have decided to add a small cost to each retreat which will help cover the costs of the newsletter and provide participants with a subscription.

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**Comparison of Expenditure Percentages For Past Two Years**



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**FUTURE DIRECTIONS**

We continue to make progress, yet we have our eyes set on distant goals.

There are many things we want to accomplish. Our financial goals for the future are to support the following:

**1. PURCHASE OF LAND FOR A PERMANENT RETREAT CENTER.**

We are still seriously looking for land near Charlottesville for a permanent retreat center, and we even had a contract on a potential parcel, but the rezoning request was denied. Our search ardently continues, and we have received much support and generous donations from sangha members. We currently have \$78,562 in our land fund, but we have been advised that this is not enough to initiate a purchase as well as make payments on a piece of property large enough to fit our needs. Therefore, we will need additional special fundraising projects to increase this fund.

**2. CONTINUE TO PROVIDE A SALARY AND HOUSING FOR TENZIN RINPOCHE.**

Rinpoche gives tirelessly of his time and his wisdom so that we can all benefit. It is our privilege to be able to help support his

teaching efforts and to give something back to him as well. We appreciate your pledge support, and hope that more sangha members will choose to help support our very gifted teacher.

**3. SUPPORT OF THE BÖN COMMUNITY.**

Several areas continue to need our financial assistance:

**MENRI MONASTERY, INDIA**

- Dialectic school—for education and training of monks.
- Monastery orphans—children aged 8-15 who come to live in the monastery and prepare for the dialectic school.
- Library project—to preserve, repair, and build new space for storage of sacred Bön texts.

**BÖN CHILDREN'S HOME, INDIA**

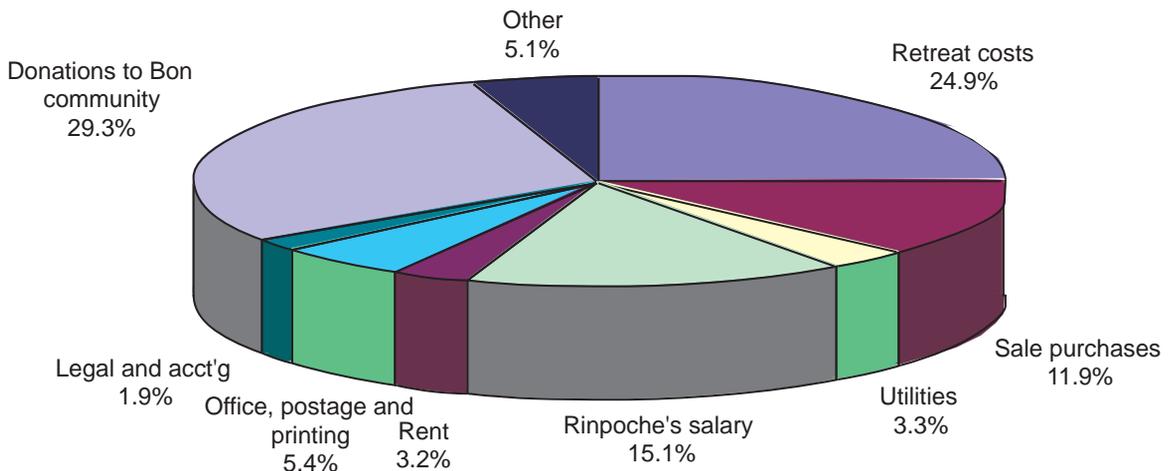
Provides living and study facilities for children aged 6-16 and seeks to teach and preserve the Bön tradition in these children.

**TRITEN NORBUTSE MONASTERY, NEPAL**

- Dialectic school—education and training of monks. Especially important in helping Tibetans reconnect with their background in an environment which is similar to Tibet.

**Expenditures**

7/1/96 - 3/31/97



#### 4. SCHOLARSHIP FUND

This fund provides help for those otherwise unable to attend retreats or events. We have decided to add a small amount to retreat fees that will go into a fund to be used for scholarship purposes.

#### 5. PUBLICATION PROJECTS AND NEW PUBLICATION PURCHASES

These translation projects and purchases make the Bön wisdom more available to members of the sangha. Recent projects include The Twenty-One Nails book.

### HOW YOU CAN HELP

We need your contributions as well as your attendance at our retreats in order to meet these and future goals. In addition, if you can make a general, unrestricted contribution, it will be most helpful in meeting our goals. We will use these donations to meet our operating expenses as well as address the above goals.

If you have a particular project that you want to support, please designate it in the memo field of your check. These will be fully tax deductible, except for any money specifically designated for one of the Bön communities outside of the U.S. (listed under #3). If you want to support these communities, you can send a general contribution to us with a note detailing your desire. We will take this request into account when deciding how to apportion the donations.

If you do not need your donation to be tax deductible, then please specify the desired Bön community by name in the memo field on your check. We disperse monies to these communities two to three times a year, when we can assure that the money will arrive safely, and with a decent exchange rate. Please make all checks payable to Ligmincha Institute.

Unless you request an immediate acknowledgment of your contribution, I will send out only one letter per year, which you should get in February and will give our records of the total contributions that you have made to Ligmincha for the previous tax year.

Thank you for your continued support of these important projects and goals.

With warm regards to you all,

*Pam Foresman, Treasurer*

### Sources of Income

7/1/96 - 3/31/97

