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Announcements Issue

Volume 13, Number 2 / April 2013



A Letter from Tenzin Wangyal Rinpoche

To the Cyber-Sangha!



Dear International Cyber-Sangha,

For a long time, my dream has been to be able to provide teachings without being so restricted by the boundaries of time and space, without the need to travel from place to place. And I feel that the Internet provides just such a means. We began years ago by putting many teachings up on YouTube. Our goal is to eventually have hundreds of hours of the teachings available on the web, not only of my own, but also other Bon lamas and Buddhist teachers. It has been my dream to do that.

One of the ways we've continued using the Internet to make these teachings more available is through live webcasts. And on March 23 we had our first all-day cyber-retreat, a wonderful experience. It was a first—with nine live translators and participants from 28 countries

with estimates of 1500 or more people tuned in, from one or two of people at a single computer to as many as 50 people gathered to listen to the teachings. Wonderful! In the future, we hope to add more languages, such as Chinese, Finnish and Danish, and others as well.

There are a lot of people that I want to thank, without whose help this cyber-retreat would not have been possible. I very much want to thank all of the International coordinators of Ligmincha worldwide. I also want to thank all of my translators who are doing a great job on a volunteer basis. I am also grateful to all those on the team who were working with me on a technical basis to assure that the webcast ran smoothly. Thank you, too, to all of the people out there who have appreciated my teachings, and who have spread the word about them and expressed their gratitude to me. And great thanks to those who have done their part using social networking such as Facebook, sending out and sharing their messages, letting other people know.

I wanted you all to know that this is one of my main projects for the future. And in the process of doing this work more and more efficiently and effectively, I will be needing more help. I will need the help of technicians, people who can do video, photography, art, editing, web design, and then more translators. Maybe eventually some help with funding, too, because occasionally there are some costs involved in organizing these webcasts. I'm inviting anyone who can help.

I'm happy to share with you, too, that we will have a special website dedicated solely to web teachings for the cyber-sangha. All of the video teachings will be located there in one place. And my goal is to eventually have hundreds of hours of teachings uploaded to the site, organized by categories such as teacher and language.

My Best Wishes,

Tenzin Wangyal Rinpoche

(Editors' Note: Please see the announcements below about the upcoming webcasts on April 9 and April 13, and the next daylong cyber-retreat on July 6.)

Receive VOCL by Email

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Bookstore & Tibet Shop

Ligmincha's online store is **currently offline** because of staffing issues.

We hope it will return soon.

In the meantime, visit the Bookstore & Tibet Shop when you come to Serenity Ridge Retreat Center. Most books published through Sacred Sky Press, Ligmincha International's publishing arm which supports books on Bon teachings and translations of texts, are available through lulu.com.

About Voice of Clear Light

Voice of Clear Light is a free email publication of Ligmincha International. Your suggestions and contributions to *Voice of Clear Light* are welcome. To contact us, send an email to: voiceofclearlight@ligmincha.org

For more information about Ligmincha International, the teachings of Tenzin Wangyal Rinpoche, or retreats at Serenity Ridge or our other regional centers, please contact us at:

Ligmincha International
554 Drumheller Lane
Shipman, VA 22971
office@ligmincha.org

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A Note from the Editors

Amazing First Daylong Webcast with Rinpoche!



To Geshe Tenzin Wangyal Rinpoche and all others who made the free full-day live webcast on March 23 happen, we are grateful beyond words! We know we speak for many people—an estimate of at least 1,500 and possibly more who joined in this great cyber-retreat—in thanking you for doing this. Truly a gift!

To be able to tune in on our computers for a whole day was an amazing experience, an exciting new cyber-connection that was going on around the world. The daylong teachings on “The Gift of Inner Refuge” were translated live into nine languages, with an average of 800 computers logged on from 28 different countries.

We’d like to offer huge thanks to Lourdes Hinojosa of the Mexico Sangha for coordinating with international sanghas and translators to help make this day possible, and to Marcy Vaughn for her beautiful guidance during the two meditation sessions. And of course, we offer immense gratitude to Rinpoche for his tireless efforts and infinite generosity in making these precious teachings available for free to the worldwide sangha and others who viewed and participated, as well as to those who watch the recording webcast, which now lives online.

A sweet behind-the-scenes moment was captured as Rinpoche began getting ready for the early morning teaching (6 a.m. his time) helped by his son, Senghe, who straightened his head for the camera and whispered in his ear. Rinpoche tells us later what Senghe told him, so we won’t spoil that part. Be sure to [watch the recorded teachings and practices](#) and you will see this moment captured, too, in a clip during [Part 4 of the videos](#).

While Rinpoche has done many 90-minute webcasts with simultaneous translation into as many as three different languages, he was thrilled to be able to offer this first-ever daylong webcast and to have nine live volunteer translators around the world Rinpoche spoke of our need to connect and to let this daylong online retreat be one way to refresh our practice and reconnect with our teachers, ourselves and our cyber-sangha. He asked us all to share with others this news of our way of connecting viewers around world to the teachings.

There is more to come in the future! Two upcoming free daylong cyber-retreats are scheduled: one July 6, broadcast during the summer retreat at Serenity Ridge, and another on Dec. 14.

Rinpoche would like to remind everyone that these full-day live webcasts are an incredible opportunity for individuals to come together to listen to his teachings and participate in guided practice. If you live close to other sangha members or Ligmincha centers, please consider gathering together in a group—large or small—for the July 6 and Dec. 14 teachings.

See more about the upcoming webcasts, online workshops and many other exciting announcements below!

Best in Bon,

Aline and Jeff



Please Donate to Our Summer Fundraising Auction

A Letter from Ligmincha Institute’s Executive Director

Dear Sangha and Friends,

Warm greetings from Ligmincha Institute at Serenity Ridge!

As we move closer to the beginning of our 21st annual [Summer Retreat](#), we are beginning to prepare for our annual summer fundraising auction, scheduled for Friday, July 5, 2013. This is a major public fundraising event and is essential to furthering Tenzin Wangyal Rinpoche’s vision for Ligmincha Institute at Serenity Ridge, headquarters of Ligmincha International.



Follow Tenzin Wangyal
Rinpoche on



Search



Each year we gather together many wonderful quality practice-related or dharma-related items to inspire practice and a heartfelt connection to the precious teachings we receive. I would like to invite you to help with this major endeavor by donating items for the auction.

Here are some examples of items that have helped generate lively bidding in the past:

- Crystal objects: stupas, crystal balls, malas, phurbas, vajras
- Tibetan singing bowls and drums, large or small
- Tibetan or English texts that have been used by our teachers
- Silver or gold gaus or amulets
- Malas made from precious or semi-precious stones
- Photos of our teachers or of sacred sites
- Thangkas, prayer banners Items blessed by His Holiness Lungtok Tenpai Nyima Rinpoche, Yongdzin Tenzin Namdak Rinpoche or Tenzin Wangyal Rinpoche

Your enthusiastic participation and support are essential at this important time of growth. We also invite you to attend the auction in person. If you are unable to attend, please consider **making a donation**. All donations, both of items and of funds, are tax deductible as allowed by law.

The deadline for donating auction items is June 1, 2013. Please email the [Ligmincha Institute office](#) if you have an item to donate, or mail items to:

Ligmincha Institute at Serenity Ridge 554 Drumheller Lane, Shipman, VA 22971

We'll be posting additional information and photos of selected items on the [Serenity Ridge website](#) as the summer retreat and auction approach.

Wishing all of you a wonderful spring and summer,

Sue Davis-Dill

Executive Director, Ligmincha Institute



Upcoming Webcasts with Tenzin Wangyal Rinpoche

Next Free Live Teachings on April 9 and 13

Two live webcasts of Geshe Tenzin Wangyal Rinpoche's teachings will be broadcast on April 9 and April 13, 2013.

- **Tuesday, April 9, 7–8:30 p.m.** Eastern Daylight Time (New York time), Rinpoche will speak on the topic "Embracing Impermanence: Inner Refuge in the Face of Change." This will be a live webcast of a **free public talk** offered in Charlottesville, Virginia. The topic will be explored in greater depth during the annual **Spring Retreat** to be held April 10–14 at Serenity Ridge Retreat Center in Nelson County, Virginia.
- **Saturday, April 13, 3–4:30 p.m.** Eastern Time (New York time), Rinpoche will speak on the same general topic during a live broadcast from the Spring Retreat.



All of Tenzin Wangyal Rinpoche's upcoming live webcasts are free and open to all.

[Learn more and view next broadcast](#)

Other Upcoming Webcasts

Times listed below are Eastern Time U.S. (New York time).

- **July 6, 9 a.m.–3:30 p.m.:** Second full-day online retreat, broadcast from the annual Summer Retreat at Serenity Ridge. Joined for a portion of the day by His Holiness Lungtok Tenpai Nyima Rinpoche.
[Learn more](#)
- **Oct. 12, 3–4:30 p.m.:** "The Open Heart: Healing in the Dzogchen Tradition," broadcast from the annual Fall Retreat at Serenity Ridge.
- **Dec. 14, 9 a.m.–4:30 p.m.:** Full-day online retreat. More information coming soon.
- **Dec. 29, 3–4:30 p.m.:** Broadcast from the annual Winter Retreat at Serenity Ridge.

[Enter the live-broadcast page](#)

A note about ads during the webcasts: The broadcast service, Ustream, used by Ligmincha for the webcasts inserts ads in the webcast so we can provide the webcasts at no charge. These ads can be disruptive for some viewers. Ligmincha cannot afford the high fee broadcasting webcasts without ads, but as an individual you can purchase a premium membership at www.Ustream.tv (\$3.99/month, cancel at any time) that will allow you to view webcasts with no advertisements on your screen. For ad-free viewing you also may want to try logging in through the [Ustream](#) website page and searching for Ligmincha [Premium membership](#).



Second Free Full-Day Webcast Offered July 6

His Holiness Lungtok Tenpai Nyima Rinpoche to Participate

Mark your calendars! Geshe Tenzin Wangyal Rinpoche will be offering his second free full-day live webcast on Saturday, July 6, 2013. The webcast will be broadcast live from Ligmincha Institute at Serenity Ridge during the second week of the annual [Summer Retreat](#).



We are excited to announce that His Holiness Lungtok Tenpai Nyima Rinpoche, who will be at Serenity Ridge during a portion of the Summer Retreat, will be participating in part of the live webcast! His Holiness is the spiritual leader of the Bon Buddhist tradition, and abbot of Menri Monastery in Dolanji, India. He will join Rinpoche in offering teachings during the first session of the day. For those not able to attend the summer retreat, it will be a wonderful opportunity to see His Holiness live and receive his teachings.

The free live webcast will begin at 9 a.m. Eastern Daylight Time (New York time) and end at 3:30 p.m. Tenzin Rinpoche will offer two 90-minute teaching sessions. In addition, two 60-minute guided meditation practices will be broadcast.

The worldwide sangha, friends and all who are interested are invited to attend this special online event. Real-time translation in multiple languages will again be available. The first free all-day live webcast on March 23 was a great success, with sangha members and others from around the world gathering together for the webcast or watching individually.

Tenzin Rinpoche is pleased to keep the momentum going and invites practitioners worldwide to join him July 6 via webcast for this special day of teaching, practice and retreat.

More information will be available as the date draws closer.

A note about the March 23 webcast: *This daylong webcast teachings and practices with Tenzin Wangyal Rinpoche, "The Gift of Inner Refuge," were recorded in their entirety and can be viewed on the Ligmincha channel of Ustream.tv. Watching all four sessions (in five videos) is highly recommended.*

[View webcast](#)



'The Nine Ways of Bon' Weekend Retreat April 27–28

Join John Jackson at Ligmincha's Serenity Ridge Retreat Center



Join John Jackson for a weekend at Serenity Ridge as he uses the structure of the Nine Ways of Bon—the first cycle of Tonpa Shenrab's teachings—to explore a broad range of teachings and meditation methods within the tradition.

Participants will explore the ancient causal view of Bon, which includes practices ranging from medicine and astrology to divination and supplication of nature spirits; and the views and methods of sutra, the path of renunciation; tantra, the path of transformation; and dzogchen, the "great perfection," the ultimate view in the Bon tradition, also known as the path of self-liberation. All of the methods of the Nine Ways complement one another, and each forms a complete path. Practices and meditations will accompany teachings on the various views.

John Jackson, director of Chamma Ling Retreat Center near Crestone, Colo. and co-leader of The Three Doors Academy of Europe, is a professor at the University of Virginia School of Medicine and has taught meditation at Serenity Ridge and related centers across the United States and Europe since 2001.

[Learn more and register](#)



Upcoming Ligmincha Institute and GlideWing Workshops

Six Lokas, Tibetan Yogas and More



Ligmincha Institute, through www.ligminchalearning.com is offering an online meditation course **April 14–June 1** on "Transforming Our Emotions Through the Six Lokas." At one time or another each of us suffers 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 Bon lineage developed the meditations of the Six Lokas specifically to help us live our lives in a balanced and relaxed way. Look for another Ligmincha Institute course this summer (date TBD) on the topic "Introduction to the Five Elements: Healing with Form, Energy and Light."

[Learn more](#)

"Awakening the Sacred Body: The Tibetan Yogas of Breath and Movement" will be offered **April 20–May 12** through GlideWing.com. This three-week online workshop, with personal guidance from Geshe Tenzin Wangyal Rinpoche, makes accessible the ancient Tibetan yogic practices of breath and movement to awaken your subtle energy body and to open and clear your energy centers and channels. Also coming up on June 8–July 7 is a GlideWing workshop on "Tibetan Dream Yoga," a powerful tool used for hundreds of years by the great masters of the Tibetan traditions. Learn from Tenzin Rinpoche how the practice of dream yoga can deepen your awareness during all of your experience.

[Learn more](#)

Tenzin Rinpoche also will be one of four teachers participating in a **May 2013** E-Retreat sponsored by Advaya Institute. The monthlong series of video teachings on "Practicing Compassion in Daily Life" can be viewed whenever convenient. Rinpoche's teachings will be broadcast live on May 23 and May 28.

[Learn more](#)

[More info on Rinpoche's online programs](#)



Serenity Ridge Now Offers Only Vegetarian Meals

Practitioners Encouraged to Consider Becoming Vegetarian



Serenity Ridge Retreat Center now offers meat-free, vegetarian fare, serving a variety of healthy, plant-based food to retreat participants and others who attend events at the center.

Beginning with the April 10–14 Spring Retreat, those who register for retreats at Serenity Ridge will be able to select a meal preference that includes vegetarian, vegan, gluten-free vegetarian and gluten-free vegan. The goal of the kitchen is to prepare tasty and nutritious meals that everyone will enjoy.

During an open webcast at this past Winter Retreat in December, Geshe Tenzin Wangyal Rinpoche also encouraged practitioners to consider becoming vegetarian themselves. "From the teaching point of view it is highly recommended to be vegetarian, as eating meat involves the taking of life," Rinpoche says. Also, we know more and more that being a vegetarian also is recommended from the point of view of the environment and health.

Rinpoche himself adopted a vegetarian diet about five years ago. He suggests that if people really feel a need to eat meat, then perhaps they can at least minimize its consumption. "For those who feel from

time to time, either energetically or physically, that they need to eat meat, they should have more awareness of what they are doing and say prayers for the life taken," he says.

Rinpoche recommends that everyone view the documentary "Forks Over Knives." The film explores the discovery that many of the diseases prevalent in our affluent society—such as heart disease, type 2 diabetes and some forms of cancer—could be controlled or prevented by changing our menu of animal-based and processed foods to a plant-based diet.

So look forward to some tasty vegetarian and vegan dining experiences during your next visit to Serenity Ridge!

[View Rinpoche's teachings on becoming vegetarian](#) (starting with minute 38).



First Spanish Translation of Voice of Clear Light!

La Voz de la Luz Clara, Febrero 2013!

The Spanish translation of the February 2013 issue of Voice of Clear Light is now available for viewing. Thank you Ligmincha Mexico for making this happen!

[Read the full issue now](#)



Registration Now Open for Four Serenity Ridge Retreats

Three Heart Mantras Weekend, Buddhism and Science Conference, Fall and Winter Retreats

Registration is now open for these upcoming retreats at Serenity Ridge:



Weekend Teaching: A special weekend teaching with H.E. Menri Lopon Trinley Nyima Rinpoche, head instructor of Menri Monastery in Dolanji, India, will be held Sept. 13–15, 2013. The topic is "The Three Heart Mantras." The mantras from the Bon Buddhist tradition of Tibet are vehicles through which the practitioner can connect with the three enlightened dimensions of the natural mind. Menri Lopon Trinley Nyima Rinpoche also will be giving the Ma Tri Initiation during the weekend.

Special Conference: "New Dialogs Between Buddhism and Science," with Geshe Tenzin Wangyal Rinpoche and renowned researchers, will be held Oct. 9–10. Invited scientists and educators will give presentations and participate in discussions on research exploring the effects of meditation and compassion on health and well-being. The conference is open to everyone and will include guided meditation sessions.



Fall Retreat 2013: The annual Fall Retreat will follow the special conference. Set for Oct. 11–13, the retreat topic will be "The Open Heart: Healing in the Dzogchen Tradition." During the retreat, Geshe Tenzin Wangyal Rinpoche will explain how to restore your connection to the ultimate source of healing: the sacred space of the open heart. Tenzin Rinpoche will be joined by special guest H.E. Menri Lopon Trinley Nyima Rinpoche, head instructor of Menri Monastery in Dolanji, India. Consider registering for both the Oct. 9–10 and Oct. 11–13 retreats.

Winter Retreat 2013: Tenzin Wangyal Rinpoche warmly invites everyone to join him for the annual Winter Retreat Dec. 27, 2013–Jan. 1, 2014. This special "Dzogchen Practice Retreat: Turning Inward" is being offered for all—from seasoned practitioners who have completed the series of experiential transmissions from the Zhang Zhung, to those new to dzogchen, to everyone in between. Join Rinpoche for six intensive days of dzogchen practice from the ancient Bon texts in an atmosphere of introspective silence.



[Learn more and register](#)



Long Life Mantras for His Holiness and Yongdzin Rinpoche

Report your Accumulations by June 1



Whether or not you are able to attend the summer retreat, all the worldwide sanghas are invited to accumulate the **Long Life Mantra** simultaneously for both His Holiness Lungtok Tenpai Nyima Rinpoche, worldwide spiritual leader of the Bon tradition and His Eminence Yongdzin Tenzin Namdak Rinpoche, the most senior teacher in the Bon tradition, founder of Triten Norbutse Monastery in Kathmandu, Nepal.

Please plan to contact the representative of your country by June 1 with the number of mantras you have accumulated. **Check the website** soon for information on each country's contact person.

We plan to present a card to His Holiness with the total number of mantra accumulations during his time with us at the summer retreat.

[Learn more about Summer Retreat](#)



View Short YouTube Video with Tenzin Rinpoche

How to Assist in a Loved One's Death

Tenzin Wangyal Rinpoche discusses the Bon Buddhist approach to helping a loved one through the process of death and dying. Included: The importance of understanding the fragility and uncertainty of life; suggestions for creating a beneficial environment for the dying person; and guidance for reciting the bardo prayer, lighting candles and performing the Sur Chod practice after death. This teaching took place during Rinpoche's seminar on "Living With Joy, Dying in Peace," Berlin, Germany, May 6, 2012.

[View video](#)

[View German translation of video](#)

Tenzin Rinpoche demonstrates the inner refuge prayer and the bardo prayer in an [accompanying video](#)

[View video with English subtitles](#)



See the New Ligmincha France, Ligmincha Austria, Ligmincha Germany Websites

Gateways to Ligmincha Sanghas and Bon Teachings

These beautiful new European websites are gateways to the Bon teachings not only within their given nations, but also worldwide via [Ligmincha International](#).

Visit the new websites below.

[Ligmincha France](#)

[Ligmincha Austria](#)

[Ligmincha German](#)



Upcoming Events

Ligmincha's Serenity Ridge Retreat Center

The retreats described below will take place at Serenity Ridge, Ligmincha Institute's retreat center in Nelson County, Va. To register or for more information, click on the links below, or contact us at registration@ligmincha.org or 434-263-6304.

April 10–14, 2013

Spring Retreat 2013—Embracing Impermanence: Inner Refuge in the Face of Change
with Geshe Tenzin Wangyal Rinpoche

[Learn more](#) or [register](#)

April 27–28, 2013

The Nine Ways of Bon
with John Jackson

[Learn more](#) or [register](#)

May 4–5, 2013

Healing with the Medicine Buddha
with Geshe Nyima Kunchap

[Learn more](#) or [register](#)

June 9–22, 2013

Summer Work Retreat at Serenity Ridge

[Learn more](#) or [register](#)

June 23–July 13, 2013

Summer Retreat—The Twenty-One Nails, Part 1

with Geshe Tenzin Wangyal Rinpoche and honored guest H.H. Lungtok Tenpai Nyima

Join us for one, two or all three weeks.

[Learn more](#) or [register](#)

July 6, 2013, 9 a.m.–3:30 p.m. Eastern (New York) Time

Free Full-Day Live Webcast

with Geshe Tenzin Wangyal Rinpoche

Broadcast live from Ligmincha Institute at Serenity Ridge during Summer Retreat

[Learn more](#)

Sept. 13–15, 2013

The Three Heart Mantras and Ma Tri Initiation
with H.E. Menri Lopon Trinley Nyima Rinpoche

[Learn more](#) and [register](#)

Oct. 9–10, 2013

Special Conference 2013: New Dialogs Between Buddhism and Science
with Geshe Tenzin Wangyal Rinpoche and Renowned Researchers

(to be followed by annual fall retreat; consider registering for both)

[Learn more](#) and [register](#)

Oct. 11–13, 2013

Fall Retreat—The Open Heart: Healing in the Dzogchen Tradition

with Geshe Tenzin Wangyal Rinpoche and H.E. Menri Lopon Trinley Nyima Rinpoche

[Learn more](#) and [register](#)

Oct. 31–Nov. 2, 2013

Tibetan Bon Buddhist Yoga (Trul Khor) Training, Part 3
with Alejandro Chaoul-Reich

Prerequisites required

[Learn more](#) and [register](#)

Dec. 27, 2013–Jan. 1, 2014

Winter Retreat—Dzogchen Practice Retreat
with Geshe Tenzin Wangyal Rinpoche

Open to all, from those new to meditation to those who have attended any part or all of the Experiential Transmission or any other dzogchen teachings.

[Learn more](#) and [register](#)

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

Serenity Ridge Retreat Center
Headquarters of Ligmincha International
554 Drumheller Lane

Shipman, VA 22971

Serenity Ridge office: +1-434-263-6304

Ligmincha International office: (+1) 434-263-3657

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