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## Volume 21, Number 2 / April 2021



### Letter from the Editors

#### Spring Is in the Air



Dear Friends,

We are so happy that spring is coming and that along with warmer, brighter days, there is new hope for getting together with loved ones and sangha before too long. Meanwhile, Ligmincha is overflowing with ways to grow and connect through online classes, retreats, workshops, worldwide full moon practices, Facebook Live webcasts and more. Tenzin Wangyal Rinpoche's Annual Spring Retreat is right around the corner—see all the details below.

Spring is also a time of change, a time of growth and transition. This teaching excerpt, from a retreat in Fall 2018 that Rinpoche gave at Serenity Ridge, is on "Navigating Life's Transitions by the Light of Awareness." Enjoy!

Lots more to share in this issue: Rinpoche's worldwide schedule, an interview by Ton Bisscheroux with Oliver Wirtz and Florian Bruckmann, upcoming Cybersangha events, a call for volunteers, a new recipe by Pat Leavitt, online retreats through Ligmincha Learning and GlideWing, a listing of online retreats hosted by Ligmincha Finland and other sanghas, new offerings by The Three Doors, and lastly, the Spanish translation of the February VOCL.

May the gentle winds of spring lift everyone's spirits and also carry away the discomforts and fears of the last year. Happy spring, everyone!

In Bön

Aline and Jeff Fisher



### Navigating Life's Transitions by the Light of Awareness

#### An Edited Excerpt from Oral Teachings by Tenzin Wangyal Rinpoche, Fall 2018

Transitions are happening all of the time in our life. In our body, every cell is changing. In our consciousness, emotions change from one to another. Sometimes love can become anger, other times anger can become love. Transitions are happening all the time. But if during any single transition, awareness is there, then that can change everything. So the opportunity to practice is always there in terms of any single emotion, any single thought or any single decision.

Our awareness of these daily transitions is a good place to take a closer look, for all of us. Often it's as if in the dark of the night you are walking along a path and suddenly you come upon a juncture. You can just make out that there are two directions in which you can go. And you can see that there is a kind of sign there clarifying where each path leads, but you can't really see it clearly in the dark. Yet you have to move. In which direction are you going to choose to go, the path to the right or the path to the left?

The most helpful thing to have there at that juncture would of course be a torch! A lamp that you could shine in each direction. Doing so, you might see that on the path to the right there's a steep rise, and

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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](http://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](mailto: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:

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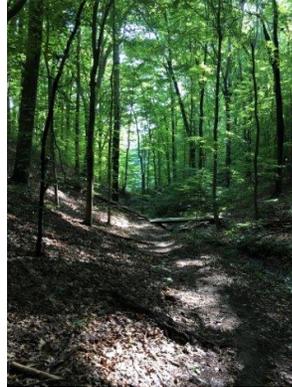
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there's a tree, there's a boulder, and there is a sign. Then pointing the torch to the left you would see whatever is up ahead on that path. Reading all of the signs clearly, you'll know better which direction to move, and then you'll proceed. It's clear, though, that it was mainly the torch that helped lead you in the direction you chose. Without the torch what would you do? You wouldn't know which way to go. That's what we call lost. I got lost in the dark, because I did not have a light.

Here the awareness of the transition is the torch. Just think about that when you come to a juncture in your daily life. I have a torch. I always have a torch. I have a torch which doesn't require a battery— a primordially illuminated torch. So at any transition it's just a matter of remembering, *I have a torch*. And then you look.

So at any juncture, instead of operating immediately through the pain body or pain speech or pain mind, know that you have some options, some space, some time—you do—to rest and connect and to look closely, and take your time, and then make a decision, or move, or speak. But before that, recall the gifts that you have and use them.

Whenever we get into a very emotional discussion and are ready to express something, it often goes like this—you have a point that you want to make, and there are all these emotions surrounding it. Some of them are necessary and some are not necessary, some of them are absolutely necessary, and some you should not even think about, yet you're not only thinking about those, you are even wanting to talk about them. In this way you have all these other things surrounding the point that you want to make.



So then when you do speak up, you lose the point, or you're not able to make it very clearly. Or you may make one point clearly, but then you bring in all the other things. It is actually the pain that you're conveying rather than the point which you had wanted to make. The pain and the point are different. And usually the pain loses touch with the point, and then the point is not even conveyed, which then makes it hard for the one listening, as well. In this way people lose themselves in the pain and emotions of their speech.

It could also be done very simply, though. The feelings could all be there, yet you are able to express the point very clearly. In this way the pain is not overtaking the point. So when you are ready to say something to someone, or ready to leave a message, it's nice to have a little meditation there separating the points from the pains and emotions. At that moment, the pause is helpful. Otherwise, after you've hit the send button, it's too late.

We know that most of the time these instantly driven reactions of emotion are not good. Knowing that they're not good, we say, *I'm not going to go that way. I'm going to use all of the gifts that I have; I'm going to take time, I can listen more carefully to all of the story, I can look deeper into the story, I can reflect on both sides of the story, I can take time*. And then from there we will act with body, speak with speech and decide with mind. In that way, whatever transition you are facing will be easy. You see, every moment we are in these transitions.

And importantly, when you succeed in a transition in this way, be grateful, be thankful, be joyful. Not because you were able to transit this one event. Rather, it's because you have a bigger understanding and it manifested in your realizing right there in the midst of one particular moment in your life. That's a greater joy than the joy of simply managing to deal with one small problem. Because it's more an overall awareness that you are gaining hold of, and that you are able to see through, rather than you're simply handling a single arising of a problem that, at the end of the day, may or may not be a problem.

This is comparable to the difference between your completing a comprehensive driving test, and your passing just one single test at one specific junction along the road to Serenity Ridge, say. Passing the comprehensive test, you will then be able to use those driving skills in harder junctures and transitions still to come. So each time you have success at a particular juncture, feel the joy of the practice from that much wider view, with the recognition that, *I need to have ways in which I can transit all of the junctures. That is what I am interested in and learning, not just getting through this one particular transition*.

If one remembers to keep one's light on through, first, this one transition and then that transition, and this transition, and that transition, then with each successive transition the understanding grows, *Okay I can handle this one, okay I can handle that one, I can handle this one, and on and on. I can handle it, I can handle it, I can handle it*. And when you begin to have that mantra, then you are doing well. It's like a chain of, *I can handle it*. You don't want to fall into the chain of, *I can't handle it*. The *I can* chain starts with the little transitions at first, and then moves to the medium ones, and from there to the bigger transitions. And of course the biggest transition is when the moment of death comes.

That is how it develops and grows, with the specific situations in your life, which are the junctures we transit every day. So, how are we doing bringing those to light? Good? It's really amazing, all the choices we are faced with, because at many of those junctures we get lost. We don't feel good, we say the wrong

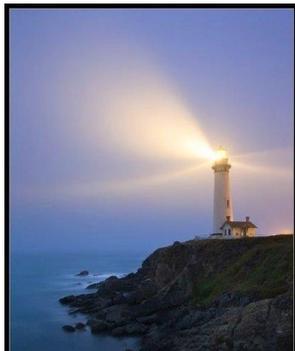


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Rinpoche on



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thing, we do the wrong thing, and we wish to do the right thing, we wanted to do the right thing, but we end up doing the wrong thing at those junctions, those transitions. When there is more light at the junctions which we come to and are unsure of, that light will help us come to know which direction to go. In the same way, if there is more of a sense of awareness there at any transition, it will help you; help you to cope, help you to move on, and also help you to manage the tensions and stress much better. Is that clear?



The truth, though, is that the torch is always there, it is always lit, always luminous. You simply just have to recognize that it's there. So it's not a matter of getting the torch lit, but more a question of recognizing that it's already on. For example, in trying to resolve a specific conflict or transition in life, some may do it better than others. The not-so-good way is when one exhibits their fear, their weakness, their dark side, and it manifests at that juncture. However, that doesn't mean that the light is not on, the light is there. The better way to navigate that juncture arises when one is aware of that light, and the light helps them transit that situation. Either way, though, the light is always there. So it's a matter of trusting that the light is there, and not wanting to obscure it, *I want to see it and use it*. So your work is not to light the light, instead it's more a focus on not obscuring it. However, rather than trying forcefully to not obscure it, the way toward not

obscuring the light is through *trust, rest, peace, breathing deeper, connecting deeper*. And then, look for the light and the light is there!

Looking at the nature of the practices that we do, that's the way that I guide them; just settle down first, *then* reflect. Settle, and then reflect. Have you noticed that I guide every practice in that way? And that's how I plan to guide all future practices, as well [laughs]. Why? Because that's how you light any transition. Not by effort. Not by stress. For sure not by anger or by pain. How you light any transition is by recognition through resting. Do you see? There are two aspects there: recognition through resting. That's what you do, you bring the meditation to mind and you recognize and rest.

It's common in this meditation for some to feel, *I'm resting so well, so now why do I have to reflect on this life or this one situation or that situation?* But that's the whole point of the practice. When you do this exercise and you rest and you breathe deep, the question then is, have you found the torch? I'm guessing that you've found the torch. Even just a little one. Maybe you didn't find the steady burning candle flame protected by glass, but you found the burning match, which illuminates the darkness for just a short time and then goes out. Even so, in that moment of seeing by the light of your match, at least you will know better that it's not *this* way to go but rather *that* way. That's helpful. And if you haven't found any torch at all, then you simply rest again, connect again.

So you bring attention to your body and rest. And when you simply rest there, you have more chances to see. And from there we can be aware of any emotions, any thought, and any effort. Effort is a very important word here in dzogchen. Because, you can have some emotions which are very light, very flowing, very transparent, joyful emotions, and they are nice. And other emotions, they obscure, they are heavy, they're painful. Those emotions arise from an identity of effort. In one sense, even though everything may look good, there's still this subtle effort of the identity, *I am resting*. The subtle identity of *I am trying to rest*. And this little subtle identity of one who is trying to rest is another kind of obscuration which obscures the light that is already illuminated. It doesn't allow you to see it shining. So the light is always on, but all these different layers obscure it. In Buddhism they are called the 84,000 afflictions. And all of the different kinds of underlying afflictions are different layers of self identity. For instance, the effort to meditate is one layer—a nice one, but a layer nonetheless. And it also obscures the light. When you simply go ahhh (exhales), and rest further, *Oh, the light is on*. Then you see it.

Recognition through resting. And each time we practice, you'll notice that I begin with something like, *Come here into this moment*. That's because generally you're not aware of you're being here in the moment. So you check. Are you here? When you say, *yes*, then you are here. Until then it is questionable. Clear?



## Serenity Ridge Online Spring Retreat Open to All

### 'The Body of Light' with Tenzin Wangyal Rinpoche Begins April 16

Join us online for our Annual Spring Retreat on "The Body of Light" with Tenzin Wangyal Rinpoche and guest teacher the Venerable Sogen Rinpoche on April 16–18 through Zoom. Everyone is invited to attend this three-day live retreat and we expect to have real-time translations in many languages.

Our true nature—pure, open, luminous—can be easily obscured by our roles and responsibilities, accomplishments and failures, losses and memories, hopes and fears.



Habits of aversion, grasping and ignorance obscure our self-recognition. But when we rest deeply, the many layers of our identities loosen and release. We discover something true within ourselves—the body of light. This light is inherent in every living being; it is not something separate from us. It cannot be found by searching. It cannot be created through effort. Connecting to who we truly are, we manifest the enlightened nature of our body, speech and mind, our positive qualities, our spontaneous creativity.

In this retreat, Tenzin Wangyal Rinpoche will guide us to recognize and release what obscures the light of being. In his heartfelt and genuine way, Rinpoche will share his poems of awareness and guide meditations to support us to release the efforts of who we are not

and recognize who we are, freeing us to connect to the source of joy, love, compassion and creativity within.

Registration is now open. Tiered pricing is available to accommodate different financial circumstances.

[Learn more/register](#)



## Tenzin Wangyal Rinpoche's Live Teaching Schedule

### Online For Now – Stay Tuned for Updates

Geshe Tenzin Wangyal Rinpoche's teaching schedule continues to expand and adapt to these changing times. Here are the dates for his upcoming teachings for April through August. You can also find the latest listings and any changes on [Ligmincha's website](#). Be sure to look for online events, including his live Facebook broadcasts, on the [CyberSangha](#) website, [Ligmincha Learning](#) and [GlideWing](#).

- **April 16–18, 2021:** Serenity Ridge Annual Spring Retreat: [The Body of Light](#)
- **May 21–23, 2021:** Ligmincha France & Suisse Romand retreat: [The Door to the Treasure: How to Access the Source of All Qualities](#)
- **June 4–6, 2021:** Ligmincha Netherlands retreat: [A-tri Dzogchen Teachings](#)
- **June 20–July 3, 2021:** Serenity Ridge Annual Summer Retreat: [Dream & Sleep Yoga](#).
- **July 24–25, 2021:** Shambhala Boulder retreat: [Topic To Be Announced](#)
- **August 2–8, 2021:** Ligmincha Deutschland: [Who Am I?](#)
- **August 10–1, 2021:** Ligmincha Poland: [Topic To Be Announced](#)
- **August 27–29, 2021:** Ligmincha Finland: [Guidance for Living & Dying](#)



## Free Online Program: 'A Year of Body, Speech and Mind'

### Upcoming Webcasts and Full Moon Practice



**CyberSangha**  
Tenzin Wangyal Rinpoche

Tenzin Wangyal Rinpoche's yearlong online program continues to explore the three doors of body, speech and mind with live teachings and guided meditations, science/spirituality dialogues and mantra recitation sessions. Every offering is free and open to all. Whether you are a longtime meditation practitioner or a novice, you are welcome to attend any or all live broadcasts throughout the year.

**Join us on Tuesday, April 6, 11 a.m. New York time:** Science & Spirituality Dialogue, "Emotional Balance and Meditation: a Synergistic Relationship." A live online discussion with Eve Ekman, Elisa Kozasa, Geshe Tenzin Wangyal and host Alejandro Chaoul-Reich.

Meditation can contribute to our emotional health. At the same time, a level of emotional balance is necessary for us to move past our worries and agitation and rest deeply in meditation. In the third of a series of 2021 Science & Spirituality Dialogues, invited panelists explore the close relationship between emotional balance and meditation, and discuss how psychological interventions can complement meditation practice.

[Learn more](#)

**The Month of The Mind: March 27–April 24**

**Saturday, March 27, 11 a.m. New York time:** "Finding Serenity Through Spaciousness," a teaching and guided meditation with Tenzin Wangyal Rinpoche.

[Learn more and view live](#)

**Sunday, March 28, 10 a.m. New York time:** 24-Hour Full Moon Practice, "Finding Peace Through Spaciousness of Mind." Hosted by Tenzin Wangyal Rinpoche and Ligmincha International's worldwide community of practitioners, the session begins with a guided meditation followed by mantra recitation and silent contemplation. Guided practice, mantra recitation and silent contemplation will continue throughout the 24 hours. Unlike Rinpoche's Facebook Live broadcasts, the 24-hour full moon practice takes place via Zoom. There is no cost to participate, but registration is required.

[Learn more and register](#)

**Tuesday, April 6, 11 a.m. New York time:** Science & Spirituality Dialogue, "Emotional Balance and Meditation: a Synergistic Relationship." A live online discussion with Eve Ekman, Elisa Kozasa, Geshe Tenzin Wangyal and host, Alejandro Chaoul-Reich.

### COMING SOON: The Month of The Body: April 25–May 23

**Sunday, April 25, 11 a.m. New York time:** Teaching and guided meditation with Tenzin Wangyal Rinpoche, topic to be announced.

**Monday, April 26, 10 a.m. New York time:** 24-Hour Full Moon Practice, "Finding Peace through Stillness of the Body."

Registration opens after March 28

**Wednesday, May 12, 11 a.m. New York time:** Science & Spirituality Dialog, topic to be announced. A live online discussion with Jeff Dusek, Cyndi Lee, Geshe Tenzin Wangyal, and host Alejandro Chaoul-Reich.

More information to come

Except for the 24-hour full moon practices, no advance registration is required. Simply view on the [Facebook page of Tenzin Wangyal Rinpoche](#) or at [cybersangha.net](http://cybersangha.net).

Learn more at [cybersangha.net](http://cybersangha.net)



## Help Make It Happen

### Join the CyberSangha Team of Volunteers



Consider joining the CyberSangha team of international volunteers who joyfully support Tenzin Wangyal Rinpoche's Facebook Live broadcasts and other social media activities. They are a diverse group of translators, writers, editors, graphic designers, videographers, social media managers, marketing and brand experts, website administrators, meditation instructors and others.

As Tenzin Wangyal Rinpoche continues to expand his online offerings, CyberSangha is currently in need of volunteers who can help fill these specific roles:

- Communications specialists
- Content curators
- Graphic designer
- Social media coordinators
- Video editors
- Zoom hosts

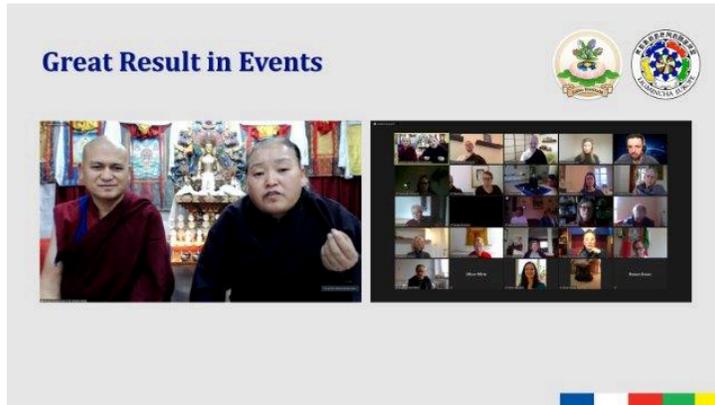
Visit [cybersangha.net](http://cybersangha.net) to learn more, find out if your skills and experience match the needs, and let the team know of your interest in helping!



## Upgraded Internet Stability for Lishu, Menri and Triten Norbutse

## An Interview with Oliver Wirtz and Florian Bruckmann

*For many years the internet connection at Lishu Institute near Dehradun, India was not reliable. But during the first online retreat from Lishu in December 2020, everything went smoothly. Ton Bisscheroux talked with Oliver Wirtz and Florian Bruckmann, both Ligmincha Germany board members, who were instrumental in making this work.*



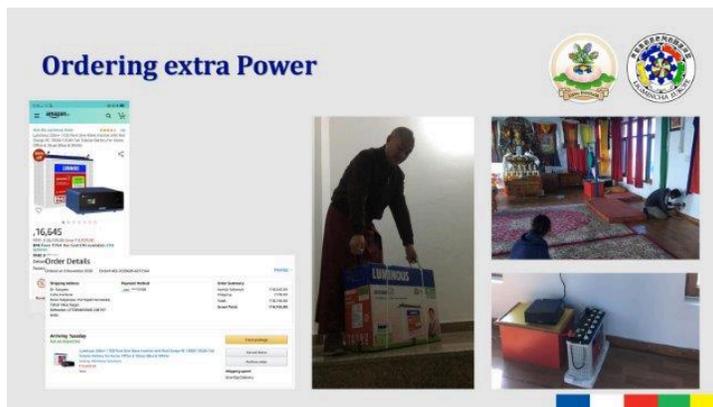
When did the idea come up to provide Lishu Institute with a stable internet connection?

**Florian:** In 2019, we had organized the European tour for Geshe Sherap Lodoe and Dr. Sangmo Yangri, the two Lishu teachers, and since then we have developed a joyful, warm relationship with them. In 2020, while the Covid pandemic raged across the world, teachings were offered online. We wanted to organize an online retreat with the Lishu teachers, but it proved to be a big challenge because the internet connection is not stable in India. And since we already had a lot of online retreats in 2020, we chose to do it in a different way. In three weekends occurring around Christmas and the New Year, in one and a half hour long sessions, we offered Spiritual Stories from Zhang Zhung, broadcast from Lishu Institute.

This first online retreat was a good success. There were approximately 80 attendees, either participating or using the recordings due to the time zone differences. With 100 percent of the income from this retreat going to the Lishu teachers, it provided much needed support at Lishu due to the difficult times of Covid. We hope to see more Spiritual Stories in the future, but the latest offering with Lishu is an [online Zoom retreat April 9–11 on Dream Yoga](#) hosted by Ligmincha Finland.



**Oliver:** In September of last year we started with the preparations. First, we looked at the different options for stable internet connection. We chose the internet through satellite, which costs about 20 Euros (about 24 dollars) per month. Then there was the problem of power failures in India which was not something we are so familiar with in Europe. Geshe Sherap Lodoe had a solution for this problem: a power backup which would provide the power supply for several hours, if it was interrupted. From behind my computer in Germany, I searched and ordered the power backup on [Amazon India](#) and it was delivered with amazing speed in just three or four days later to Lishu. Sangmola and Geshela organized an electrician, who took care of the installation. We also provided Lishu with a laptop, webcam, and microphone.



**Florian:** Before we went online, Oliver and I gave Sangmo-la and Geshe-la help with a 'media training,' so they would feel comfortable in front of the camera. In this whole process, although everything did not work immediately the way it should, we had a lot of joy working together and trying out everything. A nice side effect is that Sangmola and Geshela are now able to participate in the monthly Full Moon practices, and other events. During the recent Losar celebration, when Geshe Sherap Lodoe was talking, there was a power failure and nobody noticed there was a problem because the power backup did its work.

Who paid for these investments?

**Florian:** We paid a total of about €1.000 (about \$1,200 U.S. dollars), and used revenues that were collected in an auction for Lishu Institute that was held during the past European Summer Retreat in Germany.

Other sanghas heard what you did for Lishu. How did they respond?

**Florian:** Lourdes Hinojosa, from the Mexican sangha, asked us if we could supply Menri Monastery in India and Triten Norbutse Monastery in Nepal with such a power backup. His Holiness Lungtok Dawa Dhargyal Rinpoche, the 34th Menri Trizin, is regularly present at Ligmincha activities, and Khenpo Tenpa Yungdrung Rinpoche gives many online retreats, and they also have had problems with the power supply during broadcasts. So Oliver asked both monasteries if they were interested in hearing about our experiences working with Lishu. Both were enthusiastic, and we started a private fundraising at [gofundme.com](https://www.gofundme.com). We posted it on our private Facebook page, and some people shared it, but we didn't put it on the Ligmincha Facebook page.



**Oliver:** When I talked with Geshe Tsewang Ngodup, the General Secretary of Yungdrung Bön Monastic Centre, who we met during the visit of His Holiness to Berlin in 2019, he said it would be great to have one for His Holiness, and one for his office. These power backups can supply four or five appliances, not a whole house. Then, we also wanted to supply Triten Norbutse with two units. These power backup costs about € 250, so we wanted to raise € 1000. Within five days we raised € 1291.

**Florian:** The power backups for Menri were delivered at a collection point, very close to the place where they buy their vegetables, because Amazon does not deliver to the area where Menri is situated. After the monks collected them, they sent us photos. In Nepal, it is not so easy to buy through Amazon, so Oliver had to look for a dealer to deliver the power backups to Triten Norbutse. Tenzin Lodoe Lama, Personal Assistant to Khenpo Tenpa Yungdrung Rinpoche, finally arranged everything with the dealer. And due to generous donations, we were able to offer a third power backup unit to Menri Monastery, that will be placed at the Office of His Eminence Pönlop Trinley Nyima Rinpoche.

**Oliver:** The pandemic led to a stronger connection with Lishu Institute. And even though a journey at this time to Lishu Institute is not possible, we now are able to benefit from the precious knowledge of the teachers at Lishu Institute because they can go online. And in the future when traveling will be possible again, it will be beneficial to have both in-person and online formats available for classes.

Learn more about [Lishu Institute](#)

Learn more about [Menri Monastery](#)

Learn more about [Triten Norbutse](#)



## Ligmincha Learning's Two April Online Courses

### Continue Growing with Tenzin Wangyal Rinpoche

Ligmincha Learning is pleased to offer two video-based online courses in April with Tenzin Wangyal Rinpoche. These courses feature beautiful video teachings, guided meditations, readings, journal writing activities, and the opportunity to interact with senior mentors and classmates from around the world.

**April 2–May 2, 2021**

#### Sleep Yoga: The Yoga of Clear Light



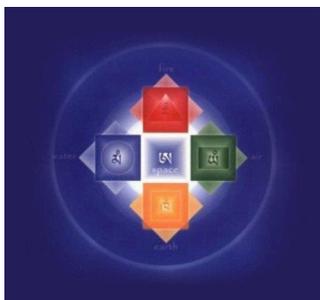
We spend one-third of our life in sleep, yet for most people sleep is a period of unconsciousness. Through the practices of the Yoga of Clear Light we can learn to be completely aware during our sleep, open, clear, resting in deep meditative presence. But how do we get from our current stress and disrupted sleep patterns to the state of clear light?

The course will introduce simple techniques to enter into sleep in a healthy, balanced way. Even if we do not consistently enter into clear light sleep, we can benefit from a refreshing, relaxed sleep that gives us deep renewal. This is supported by breathing techniques, physical postures and guided visualizations. Tenzin Rinpoche will also provide a meditation to wake up in a beautiful way, feeling the blessings of sleep and stepping into our day with serenity. Through these simple practices we can transform our sleep to be one of tranquility and awareness.

[Learn more/register](#)

**April 16 – May 30, 2021**

#### The Five Elements, Healing with Form Energy and Light



In this course Tenzin Wangyal Rinpoche explores how each of the five elements relates to our daily experiences, emotions, and relationships. Rinpoche guides meditations for each of the elements, designed to help clear our obstacles and bring balance to our lives. Each section of the course includes a video of Rinpoche's teaching, Rinpoche leading a guided meditation, readings from *Healing with Form, Energy and Light*, and assignments for journal writing, discussion, formal and informal practice. The course is designed so that you may integrate study and practice into your everyday routine, learning at your own pace, yet enjoying the support of classmates and the course mentor.

[Learn more/register](#)

Ongoing and Free Courses: Ligmincha Learning offers several ongoing, free courses. They include "Starting a Meditation Practice, Parts 1 & 2"; "The True Source of Healing"; "Living with Joy, Dying in Peace"; and "Transforming Your World Through Service."



## Ligmincha Finland Hosts Online Teachings with Lishu Teachers

### Ligmincha Texas Announces Upcoming Offerings on Zoom

We are excited to announce additional upcoming live teachings that are being organized and hosted by Ligmincha sanghas in Finland and Texas. While times are difficult for teachers and students to travel, we now have so many online teachings, giving us an amazing accessibility that would not have been possible before. Below are just a few of the upcoming offerings.

We hope to post future teachings in VOCL that your sangha is organizing. Ton Bisscheroux is our VOCL liaison to Ligmincha sanghas around the world. Please feel free to contact him by [email](#) with your news and events.

#### Finland Sangha

April 9–11, 2021

Dream Yoga

with Geshe Sherap Lodoe and Dr. Sangmo Yangri

Join us for a special opportunity to learn and practice with Lishu teachers Geshe Sherap Lodoe and Dr. Sangmo Yangri in a three-day online retreat April 9–11 through Zoom. Dream yoga is a practice that

helps to clear away our illusion of the nature of phenomena and to bring an understanding of the dream-like nature of daily life.

[Learn more/register](#)

### Texas Sangha

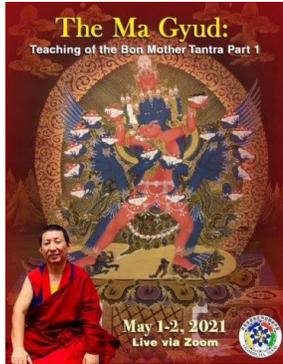
May 1–2, 2021

The Ma Gyud:  
Teaching of the Bön  
Mother Tantra Part 1  
with Geshe Denma  
Gyaltsen

Join us for a  
weekend retreat  
with Geshe Denma  
Gyaltsen, resident  
lama of Ligmincha  
Texas, for teachings

on "TheMa Gyud: Teaching of the Bön Mother Tantra, Part 1.

[Learn more/register](#)



## GlideWing Online Workshop with Tenzin Wangyal Rinpoche

### 'Tibetan Dream Yoga' Now with Spanish Subtitles Begins May 1



*The practice of dream yoga is about understanding more about appearances and what they truly are. And ultimately, it is about understanding who we are, the true sense of self.*

- Tenzin Wangyal Rinpoche

GlideWing is pleased to offer an online workshop with Tenzin Wangyal Rinpoche on "Tibetan Dream Yoga" from May 1–May 31, 2021. In this four-week online workshop, now offered with Spanish subtitles, students will explore the ancient Bön Buddhist teachings of Tibetan dream yoga.

It is said that the practice of dream yoga deepens our awareness during all our experience: the dreams of the night; the dreamlike experience of the day; and the bardo experiences after death.

Indeed, the practice of dream yoga is a powerful tool of awakening, used for hundreds of years by the great masters of the Tibetan traditions. Unlike in the Western psychological approach to dreams, the ultimate goal of Tibetan dream yoga is the recognition of the nature of mind or enlightenment itself. Rinpoche also will provide instructions for foundational practices done during the day and for the uses and methods of lucid dreaming.

[Learn more/register](#)

**Also available (ongoing):** Free self-guided workshop on "Taming Your Mind: The Tibetan Practice of Zhiñé" with Tenzin Wangyal Rinpoche. In these troubled times, a practice for developing concentration and stillness of mind is needed more than ever. This workshop is tailored for beginning meditators but will be beneficial for anyone—including experienced practitioners—who needs support in stabilizing their thoughts and their mind.

[Learn more and register](#)



## Pat's Chutney Recipe

### Memories of Serenity Ridge

Here's the popular raisin chutney that we serve at Serenity Ridge Retreat Center with menus that have the flavors of India, Tibet and Nepal. It adds that spicy-sweet-tangy element to brighten your rice and dal.



#### Raisin Tamarind Chutney

2 cups raisins  
 3/4 cup hot water  
 2 TBSP tamarind paste\*  
 1 tsp ground ginger  
 1/2 tsp salt  
 1/2 tsp ground cayenne

Soak the raisins in the hot water to soften.  
 Measure out the remaining ingredients into your food processor and add the soaked raisins- reserve the extra water in case you need it to adjust the consistency.

Process until combined - it will be like a somewhat chunky jam.

If no food processor, try using a deep bowl and stick blender, or chop up the raisins a bit and simply blend all ingredients together well by hand.

\*Look for tamarind paste or concentrate in your Indian grocery or import store, without the seeds.



## The 3 Doors in 2021

### New Programs and Ongoing Opportunities for Connection and Practice

Spring is a natural time for renewal. Whether you are new to meditation or looking to deepen your practice, The 3 Doors online programs will support you to meet the changes and challenges of the season. We invite you to join one of the upcoming programs offered this April and May.



THE  
**3 DOORS**  
 TRANSFORMING LIVES THROUGH MEDITATION

#### April 9–May 14

##### ***Untying the Knots of Limitation***—with Laura Shekerjian

In this course the focus will be on using the experience of the physical body and breath to recognize how the patterns and tendencies particular to our history and conditioning manifest in how we sit, breathe, and meet ourselves. We will look at how meditation practice and self-reflection in everyday life can uncover a warm, open self, able to engage the world more freely. Anyone who has taken at least one Door of the Body program with Laura Shekerjian is invited to participate. ([The Joy of Embodied Presence](#) is a self-guided program available at anytime and fulfills the prerequisite for Untying the Knots of Limitation.)

[Learn more](#)

#### May 21–June 11

##### ***Tibetan Sound Healing Meditation: Research and Practice***—with Alejandro Chaoul-Reich

Tibetan sound healing meditation has been the subject of remarkable research at MD Anderson Cancer Center. We will explore this research you will learn Tibetan sound healing meditation along with other practices of breath and awareness, helping you to clear obstacles to health and well-being, to rest more deeply and fully in the present moment. You will also learn how to incorporate the practices into your daily life, bringing the benefits of a relaxed and aware state of mind to the challenges of life.

[Learn more](#)

#### Ongoing Through May 2021

##### **Wednesday evenings from 8–8:30 p.m. New York Time**

***The 3 Doors: Finding Refuge in Changing Times***—led by Marcy Vaughn, Gabriel Rocco and 3 Doors Authorized Presenters

Online guided meditation sessions are open to anyone who could benefit from the opportunity to renew and restore by resting in stillness, silence and spaciousness. Friends, family and acquaintances are invited to join these weekly free sessions. This includes individuals new to 3 Door practices.

[Learn More](#)

Visit [www.the3doors.org](http://www.the3doors.org) for additional program offerings.



## Spanish Translation of VOCL

### Link to February Issue Now Available

Look for the [translations of Voice of Clear Light newsletters](#) at the top of the [VOCL website](#).  
[Read VOCL in Spanish](#)

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