


[Current Issue](#)
[Previous Issues](#)
[Translations](#)
[Ligmincha International](#)
[Bookstore](#)
[PDF](#) | [Print](#) | [E-mail](#)

## Announcements Issue

Volume 13, Number 4 / August 2013



### Letter from the Editors

#### Summertime at Serenity Ridge



Photograph by Mary Ellen McCourt

Dear Friends,

We hope you all are having a happy summer! Happy summers for us include being able to attend the annual Summer Retreat at Serenity Ridge with Tenzin Wangyal Rinpoche, and we were fortunate to be there for the first week of this year's retreat. It was oh so special this year, because the retreat included a visit by His Holiness Lungtok Tenpai Nyima Rinpoche, spiritual head of the Bon tradition, and he positively glowed.

Enjoy the beautiful pictures and videos that we are able to share in this issue. They'll hopefully give you a taste of some of the magic of being up on Serenity Ridge during those three wonderful weeks of Summer Retreat. You'll also enjoy two new YouTube videos from the July 6 all-day webcast from that retreat. Also included in this issue: Ligmincha's annual report; news of Tenzin Rinpoche's Fellowship Award; upcoming webcast teachings—**the next webcast is Oct. 12**; upcoming online course on creativity in September; special Fall Retreat offerings at Serenity Ridge, including a weekend retreat with Menri Lopon; the Third Annual Buddhism and Science Conference, to be followed by the annual Fall Retreat. And that's not all—we've just received a special article from Tenzin Wangyal Rinpoche in which he explains his commitment to the annual Nonsectarian Conference that was most recently held this past June in California. Also, be sure to see the links to the Spanish translation of the June *VOCL* and to the new summer issue of *Ligmincha Europe Magazine*, plus the latest news from Alejandro Chaoul-Reich's research team about the effects of Tibetan sound meditation on cancer patients.

Enjoy this issue and best wishes!

Aline and Jeff Fisher



### Ligmincha Institute's Annual Report

#### With Letter From Tenzin Wangyal Rinpoche

Ligmincha Institute's Annual Report for the fiscal year 2012 was recently released. Read about what happened at Serenity Ridge from Oct. 1, 2011, through Sept. 30, 2012, both internationally and online; find out what Ligmincha Council members have been doing; learn how Ligmincha spends its money; and read a special message from Geshe Tenzin Wangyal Rinpoche.

#### Receive VOCL by Email

[Subscribe](#)

#### 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:

Ligmincha International  
554 Drumheller Lane  
Shipman, VA 22971  
[office@ligmincha.org](mailto:office@ligmincha.org)

**Bring Voice of Clear Light  
to your email inbox >**

[Subscribe](#)

#### Stay in Touch

**Follow Ligmincha on**

Read the 2012 Ligmincha Institute Annual Report [here](#).



## Summer Retreat Richness

### YouTube Video of His Holiness, Tenzin Wangyal Rinpoche, and More

Created by sangha members, this video captures some of the happiness and magic with His Holiness Lungtok Tenpai Nyima, spiritual head of the Bon tradition, during his visit at the recent Summer Retreat at Serenity Ridge. E MA HO! [Watch here](#)

In pictures: Joyful preparations for His Holiness's arrival at Ligmincha's Serenity Ridge Retreat Center. [View these 13 photographs](#) taken by Polly Turner.

[More awesome photos](#) taken by Regi Franz of His Holiness arriving at Serenity Ridge, plus the fundraising auction and banquet. Enjoy!



## Wisdom Fellowship Award

### Tenzin Rinpoche Wins Second Annual Award



Congratulations to Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha Institute! Rinpoche received the second annual Wisdom Fellowship Award from the Sacred Fire Foundation on Aug. 17 at Blue Deer Center in New York. Rinpoche was presented with the award at this year's Ancient Wisdom Rising, a weekend of teachings, stories and ceremonies to connect participants with nature and spirit at Blue Deer Center, near Margaretville, N.Y.



## Tenzin Wangyal Rinpoche's Teaching Schedule

### Website Newly Updated!

There have been some recent updates and additional dates for Rinpoche's teaching schedule through 2013.

[View schedule by date](#)

[View schedule by location](#)



## 'Awakening the Sacred Arts: Discovering your Creative Potential'

### Online GlideWing Workshop Begins Sept. 21



Follow Tenzin Wangyal Rinpoche on



Search



The next four-week GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, "Awakening the Sacred Arts: Discovering your Creative Potential," begins Saturday, Sept. 21, 2013. Learn and practice from your own home, at your own schedule, with personal guidance from Geshe Tenzin Wangyal Rinpoche.

This four-week workshop (Sept. 21–Oct. 20) is for anyone who seeks to usher a vision into reality, whether through creative problem-solving, personal growth, or bringing creative artistry to a whole new level. Workshop

participants will be encouraged to devote daily time to meditation practice and to pursuing their personal creative process. Join us for this opportunity to free yourself from creative obstacles, nurture your capacity for joyful self-expression, and make positive changes in your life.

[Learn more/view introductory video](#)

This workshop will be followed by another, three-week GlideWing online workshop, "Tibetan Dream Yoga," from Nov. 16 through Dec. 8, 2013. [Learn more](#)



## Webcasts with Tenzin Wangyal Rinpoche

### Next Live Webcast Includes Special Guest H.E. Menri Lopon Rinpoche

Join us from your computer on **Saturday, Oct. 12, 2013**, from 3–4:30 p.m. Eastern Time U.S. (New York time), for a special free live webcast from the annual **Fall Retreat at Serenity Ridge** (not a public talk). Topic: "The Open Heart: Healing in the Dzogchen Tradition." Tenzin Wangyal Rinpoche will be joined during this webcast by special guest **H.E. Menri Lopon Trinley Nyima Rinpoche**.

The next full-day live webcast will be on **Dec. 14, 2013**, 9 a.m.–4:30 p.m. Eastern Time U.S. (New York time)!

Also, on **Dec. 29, 2013**, 3–4:30 p.m. Eastern Time U.S. (New York time), there will be a live webcast from the annual Winter Retreat at Serenity Ridge.

All live webcasts are free and are simultaneously translated into numerous languages. **You can learn more and view webcasts at the [Live-Broadcast Page](#)**

Recordings of the recent July 6 all-day webcast can be viewed at these links:

- **Morning teaching session**—"Prayers and guided meditation with H.H. Lungtok Tenpai Nyima and Tenzin Rinpoche"
- **Afternoon teaching session**—"Inner Refuge: Turning Off Your Inner Navigation System"

You can find many other recorded live webcasts with Tenzin Rinpoche at [the Internet Teachings page](#).



## Tibetan Sound Meditation Benefits Cancer Patients

### Results to Be Presented at Oct. 9-10 Buddhism and Science Conference at Serenity Ridge



Research on the effects of Tibetan sound meditation on cancer patients' cognitive function and mental health was published in the May 9 issue of *Psycho-Oncology: Journal of the Psychological, Social and Behavioral Dimensions of Cancer*.

This collaborative research between Ligmincha Institute and the University of Texas M.D. Anderson Cancer Center was led by Drs. Alejandro Chaoul-Reich and Lorenzo Cohen, with Tenzin Wangyal Rinpoche as consultant.

According to Chaoul-Reich, Ligmincha's director of research, "It is a real honor to be able to work in this collaborative project between Ligmincha and M.D. Anderson, bringing these ancient Bon practices into the contemporary medical environment, and see how these women with cancer feel the benefit. It brings much joy to my own practice, and I want to thank Tenzin Rinpoche for his unwavering support."

Since 1999 Tenzin Wangyal Rinpoche has been collaborating with Drs. Cohen and Chaoul-Reich in research with Bon practices for cancer patients, including Tibetan yoga (Tsa Lung Trul Khor) and more recently Tibetan sound meditation (see [Tibetan Sound Healing by Tenzin Wangyal Rinpoche](#) for more information).



The results of this study indicate that Tibetan sound meditation may be associated with short-term improvement in cognitive function, mental health, and spirituality in women with breast cancer.

The randomized control trial included 47 women with breast cancer who had completed chemotherapy between six and 60 months previously and who reported cognitive impairment. Participants were assigned randomly to either a twice-weekly session of Tibetan sound meditation or a control group. Participants in both groups were assessed for cognitive function, intrusive thoughts, depression, sleep disturbances, fatigue, and spirituality at the baseline, at the end of treatment, and one month later.

Compared to the control group, the women in the Tibetan sound meditation group performed better on the verbal memory test and processing speed task (objective testing), and reported improved cognitive function, cognitive abilities, mental health, and spirituality at the end of the treatment, but not one month later.

In addition to Alejandro Chaoul-Reich, Lorenzo Cohen and Tenzin Wangyal Rinpoche, authors of the *Psycho-Oncology* article include K. Milbury, K. Biegler, A. Spelman, C.A. Meyers, B. Arun, J.L. Palmer and J. Taylor. To the best of the authors' knowledge, this is the first meditation study aimed at improving cognitive deficits in cancer patients.

An abstract of the article is cited on Pub Med, a search engine for publications related to medicine.

A follow-up study is planned both at M.D. Anderson Cancer Center, in collaboration with Ligmincha Texas, and at Einstein Hospital in Sao Paulo, Brazil, in collaboration with Ligmincha Brazil. This study will include brain-imagery testing. Results should be available within the next two years.

Tenzin Wangyal Rinpoche will be sharing the practice of this study, and Alejandro Chaoul-Reich will be discussing the research, at a special upcoming [Conference on Buddhism and Science](#) to be held Oct. 9–10, 2013, at Ligmincha Institute at Serenity Ridge.

In addition, eight other recognized researchers from different institutions will present at the conference. Participants will explore the connection between science and spirituality, with a particular focus on how meditation and the practice of compassion can affect health and well-being. **Everyone is welcome to attend!**

As a special note, a new book is in the works based on the first annual Buddhism and Science Conference, edited by Berkeley physicist David Presti, with chapters authored by each of the conference's presenters plus Tenzin Wangyal Rinpoche. As soon as it's published we'll let everyone know here in VOCL.

This year's conference will be followed by the annual [Fall Retreat](#), where Rinpoche will teach together with [H.E. Menri Lopon Trinley Nyima Rinpoche](#), the principal teacher of Menri Monastery in India, on the topic of Healing in the Dzogchen Tradition.

[Learn more about the Buddhism and Science Conference](#)

[Learn more about the Fall Retreat](#)



## Summer Issue of Ligmincha Europe Magazine Now Available

### Their Ninth Issue—a Full 36 Beautiful Pages!

Read about: Bon and social media; Taste of the Three Doors weekends and interviews; the Irish sangha; inner refuge; poetry sharings; and much more. Also, find out how you can help the *Ligmincha Europe Magazine* bear fruit as a book of 10 issues (the next issue is the tenth!), to be given as a gift to Bon monasteries, Lishu Institute, Ligmincha Institute, and others.

[View the Summer 2013 issue](#)

[View pictures from Rinpoche's recent European retreat in Germany](#), recently posted on Facebook. What a wonderful group!



## Finding Common Ground

### Tenzin Wangyal Rinpoche Explains His Commitment to Nonsectarian Cause

*From June 6 through 8, 2013, a diverse group of esteemed Tibetan teachers met in Richmond, California, to participate in the Third North American Nonsectarian Conference of Tibetan Religious Schools. Their primary purpose was to exchange experiences, ideas, and support related to teaching Western students. Geshe Tenzin Wangyal Rinpoche, spiritual director of Ligmincha Institute, chaired this year's conference. Here, Tenzin Rinpoche explains his deep commitment to this cause and his hopes for the future.*



Photograph by Tom Maroshegyi

I have always had a personal interest in the Rimé nonsectarian movement, which fosters an appreciation of the differences between the various Tibetan Buddhist traditions and promotes open dialogue toward finding common ground. For example, five years ago I had an opportunity to talk with Ringu Tulku Rinpoche, a prominent Rimé master from the Kagyu tradition, and I proposed to him the idea of inviting lamas of the various Tibetan spiritual traditions who live and teach in the West to gather together, engage in dialog, and share support. He was very receptive to the idea, but nothing came of it. In early 2012 I had a similar conversation in Charlottesville, Virginia, with Lobsang Nyandak, the New York representative of His Holiness the Dalai Lama, who was also very open to the idea.

But as I soon discovered, plans for such a collaboration were already well underway. One month after talking with Lobsang Nyandak I received an invitation to meet with some Tibetan teachers on the West Coast. I took this invitation as a very positive sign.

In 2011, a few teachers of the Nyingma school of Tibet, including Khenpo Choga Rinpoche, Orgyen Chowang Rinpoche and Anam Thupten Rinpoche, had been engaging in conversations about their mutual interest in getting together regularly as both friends and lamas, so they could connect with each other, share their experiences of teaching in the West, and discuss how to communicate better with their students. In September of that year a small group of Nyingma lamas got together for that purpose. Because of their wonderful experience of sharing, they later decided to open up their periodic meetings to other schools of Tibetan Buddhism, and a second meeting was called.



When I accepted the invitation to participate in that second meeting, I felt very good about how open the people in this group were about sharing their experiences and knowledge. The group is not registered as a legal entity, but it has an elected president, vice president, secretary, and treasurer. Toward the close of the meeting the officers explained that they had reached the end of their two-year terms and that it was time to vote for their replacements. I was elected to a term as president, Khenpo Jampa Tenphel Rinpoche was appointed as vice chairman, Drupon Gonpo Dorje Rinpoche was elected as treasurer, and Tulku Yeshe Rinpoche was

elected as secretary. Attending members of the nonsectarian conference come from all major Tibetan schools, including Sakya, Nyingma, Kagyu, Jonang, Gelug, and Bon.

At this year's third annual meeting, other Bon lamas joined me in participating, including Lama Khyimsar Rinpoche, Geshe Dangsang Namgyal Lama, Geshe Chaphur Rinpoche, and Geshe YongDong. During the recent meeting, all the participating teachers discussed the common challenges we share in establishing new dharma centers and in conducting religious teachings in the West. We discussed the importance of

not only having a good knowledge of our own teaching lineages, but also understanding and respecting the traditions of other schools. We talked about issues related to introducing Tibetan religions and culture to Tibetans in exile, especially young Tibetans. We agreed to make an effort to encourage attendance from as many representatives as possible within our respective traditions. (See "Agenda and Resolutions," below.)

Next year's Nonsectarian Conference will be open not just to participating lamas but to any Tibetan Buddhist or Bonpo living in North America who would like to observe the meeting in progress. Next year's agenda is likely to be similar to this year's.

My personal hope is that these conferences will enhance understanding of the different traditions and bring ongoing harmony, mutual respect and support, and the sharing of knowledge between traditions, while promoting positive social change among Tibetans living in the West. Already, I have been meeting with one of the participating Nyingma lamas, who I have found to be very knowledgeable in these issues, and we have been sharing our thoughts with each other.

Such collaborations can be beneficial in promoting harmony and support not just among different schools of Buddhism, but also within a given school. Here at Ligmincha Institute we have been inviting many Bon lamas and geshe to join us at Serenity Ridge and other Ligmincha centers. Whenever there is a new Bon center being established in the West, I try to give my personal support and I encourage my students to help out. At Ligmincha's Serenity Ridge retreat center, we also hope to feature teachers from all the Tibetan Buddhist schools at upcoming retreats and conferences, and to include more interfaith dialogues between the various schools.

I spend a great deal of my time throughout the year working, traveling, teaching, and being with my family. These are all priorities. But I also strongly value this opportunity to extend my time, energy, and financial resources toward this nonsectarian cause. I hope that all the Tibetan traditions will see the importance of participating. For, when collective efforts are more important than individual efforts, harmony is greatly increased and there is immeasurable benefit for all.

Geshe Tenzin Wangyal

\* \* \*

**AGENDA AND RESOLUTIONS  
THIRD NORTH AMERICAN NONSECTARIAN CONFERENCE OF  
TIBETAN RELIGIOUS SCHOOLS**

*June 6 through 8, 2013  
Richmond, California*

**ITEM 1**

*Each religious teacher introduces himself and shares his first experiences of teaching in the West*

**RESOLUTION**

Teachers share common challenges in establishing new Dharma centers and conducting the religious teachings in the West. They must adapt as fully as possible to a new language, culture, and traditions. When imparting the teachings, it is important that they conform to their disciples' level of understanding when interpreting the teachings of their respective religious school, choosing vocabulary, and sharing their own deep philosophical experiences.

**ITEM 2**

*A discussion of (1) what preparations are needed to introduce the Tibetan religions and culture to the West; (2) difficulties that must be overcome; and (3) steps that must be taken to move forward along the path of progress and development.*

**RESOLUTION**

Each teacher should have proper experience and realization of what they are teaching. They should be able to adjust and conform their teachings to their disciples' level of understanding. Any misunderstanding or misinterpretation between teacher and disciple should be resolved with prudence and respect. Most importantly, the respective religious schools should move forward with the times without compromising the essence of their teachings.

**ITEM 3**

*Participants share their experiences related to their contributions in promoting harmony among the various schools, and their suggestions for do's and don'ts in moving forward in the future.*

**RESOLUTION**

It is important that the religious teachers have a good knowledge not only of their own teaching lineage, but also of the history and philosophy of other religious schools. While giving public teachings, care should be taken not to criticize or slander other schools of teachings. If a disciple is heard criticizing or insulting other schools, positive debate should be encouraged and effort should be made to prevent such negative comments in the future.

**ITEM 4**

*A discussion of how to introduce Tibetan religions and culture to Tibetans in exile and particularly to young Tibetans. Can the Tibetans in exile absorb both the Tibetan and the foreign language?*

**RESOLUTION**

A strong positive relationship should be maintained with the Tibetan community in each teacher's respective region. Under the aegis of the regional Tibetan association, talks on Tibetan religion and culture should be organized in consultation with other local Tibetan religious schools. All religious and cultural teachings in the respective locales should be publicized by Internet. Most developed countries use illustrated children's books to introduce their cultures to children; we should also adopt this method to promote our language and culture.

**ITEM 5**

*A discussion of the differences in methods for introducing Tibetan religions and culture to the Tibetans versus to foreigners; and to explore whether similar methods could be used for each.*

**RESOLUTION**

Societal situations and ways of thinking are different in the East than the West. We need to focus on the current needs of Western societies and carry out the teachings in a way that is relevant to those needs. It is important to introduce Tibetan religions and culture based on the disciples' level of understanding without compromising the essence of the Tibetan traditions.

**ITEM 6**

*A discussion of how to promote the North American Nonsectarian Conference of Tibetan Religious Schools, and how each Dharma center can contribute to these promotions.*

**RESOLUTION**

It is important to have the continued help and guidance of both incumbent and former members of the committee. Upon receiving an invitation to an upcoming conference, each member should make an effort to ensure that as many representatives as possible from their respective schools will attend. The name and identity of this North American Nonsectarian Conference of Tibetan Religious Schools shall be maintained as such for the time being.

**VOCL Spanish Translation****June Issue Available**

[View the Spanish-language translation of our June 2013 issue of \*Voice of Clear Light\*](#)

**Experience Dzogchen Practice in Introspective Silence****Join Rinpoche at the Annual Winter Retreat, Dec. 27, 2013- Jan. 1, 2014**

Join Tenzin Wangyal Rinpoche for six days of practice in an atmosphere of introspective silence. This retreat will focus on dzogchen practices as presented in the oral tradition from ancient Bon texts, including the *Experiential Transmission from the Zhang Zhung Nyam Gyu*. Open to all, from those who have attended the dzogchen teachings to those new to these practices.

[Learn more and register](#)

**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](mailto:registration@ligmincha.org) or 434-263-6304.

**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](#)

**Nov. 16–17, 2013**

**Tibetan Sound Healing—The Five Warrior Syllables**  
with *John Jackson*

[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](mailto: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

[Subscribe to Voice of Clear Light](#)