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## Special Announcements Issue

Volume 10, Number 9 / September 2010



### Ligmincha Is on Facebook!

#### Early Updates About Teachings, Tibet Shop Offerings

We invite you to visit the brand-new Facebook page for **Ligmincha Institute at Serenity Ridge**. Receive timely reminders and learn about new events and Tibet Shop offerings as they are introduced. [Visit now >](#)



### Still Time to Register

#### Next Online Workshop With Tenzin Wangyal Rinpoche begins Sept. 25

Registrations are still being accepted for a three-week Tibetan Sound Healing course with Tenzin Wangyal Rinpoche. This course, offered in an interactive online format, will take place from Sept. 25 through Oct. 17, 2010; the site will be open to participants beginning Tuesday, Sept. 21, for review of introductory materials. Through instructional videos Tenzin Rinpoche will explain and guide the practice of ancient sound healing techniques. You can progress through the practices from the comfort and privacy of your own home, and Rinpoche will make himself available to provide guidance and answer questions.

[More information >](#)

[Brief video: Tenzin Wangyal Rinpoche describes his online workshop >](#)

[Participants' comments from first workshop >](#)



### Mark Your Calendar

#### Two Live Webcasts With Tenzin Wangyal Rinpoche: Oct. 10 and 12, 2010

Don't miss Tenzin Wangyal Rinpoche's Internet teachings on Sunday, Oct. 10, from 12 noon to 1:15 p.m. Eastern Time U.S. (New York time). This will be a guided dzogchen practice for our Internet audience only. [More information/enter the broadcast site>](#)

On Tuesday, Oct. 12, from 7 to 8:30 p.m. Eastern Time U.S., Rinpoche will be broadcasting live during a free public talk offered in partnership with Unity Church, Charlottesville, Va. The talk will be on "The Power of Openness." [More information/enter the broadcast site>](#)



### Long-Life Mantras for Tenzin Wangyal Rinpoche

#### A 50th Birthday Gift

#### 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](#).

#### 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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#### Stay in Touch

**Follow Ligmincha on**



Follow Tenzin Wangyal Rinpoche on



Search

You are invited to participate in the recitation of long-life mantras dedicated to Geshe Tenzin Wangyal Rinpoche, in honor of his 50th birthday.

[Learn more about the mantra recitation >](#)

[Invitation to Rinpoche's birthday celebration in Nepal >](#)



## International Sangha News

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### Students Report From Around the World

*Sharings From Moscow*



Rinpoche teaches as Vagid Ragimov translates

From Sept. 3 to 5, 2010, Geshe Tenzin Wangyal Rinpoche taught in Moscow about **The Tibetan Yogas of Dream and Sleep**. Below, **Pavel Kuzmin** and other retreatants share their experiences, artwork, and photographs from the retreat.

\* \* \*

*Pavel writes:*

"Silence... The last guests have left and this forest is falling into the silence. The retreat is finished, but a strong atmosphere of happiness, friendship and gratitude to the Teacher remains. And many

of us would like to keep it as long as possible – this feeling of a miracle.

This retreat was a discovery for many of us. More than 200 people participated, most of them serious practitioners. Some came only for a rest but left with their opinions completely changed!

We have collected some sharings by people from this retreat, and here are five of them:

**Galiya:** *I'm practicing each day and also reading the books of Rinpoche. For me this is very important practice. For two years I was waiting to receive these teachings (I heard about other retreats but wasn't ready yet to go). And now... I still have a very clear image of Rinpoche's face before my eyes... Internally, I always ask Rinpoche to be my Master.*

**Margarita:** *Indeed I have gratitude to Tenzin Wangyal Rinpoche and the people who have organized this retreat. My first intent in going to Kunphenling was simply to relax and rest. Even when the first day began, I thought – "Yes, yes, I have heard it many times already, nothing new." But during the retreat it changed. Maybe because the right words were there, or good examples were given, but my attitude has been transformed, the teaching touches my heart. I have the feeling of the power of a realized teacher. It refreshed my motivation, and after I came back to town, the silence, serenity, and confidence were still there. I start to be serious in practice, right now doing all practices that I have learned. I even have changed my attitude to stressful situations in my life – now they are more interesting than terrible. I am returning myself back to my self.*



**Sasha:** *During the retreat I had a strong vision – an image of a tree. Normally I'm skeptical concerning illusions and so on. But after Rinpoche's explanation about the refuge tree, I have changed my opinion. Please, give to him this picture in which I have tried to depict this vision ...*

**Tanya:** *This teaching that we have received from Rinpoche is very deep and pervasive. Now it's clear for me that nowadays many Western psychological healing practices have at their base ancient Buddhist practices of inner space. But those psychological practices in themselves are not so effective in clearing the root of a problem. When I came to the retreat I had been having a strong conflict with my mother. I had a difficult discussion with her and therefore felt troubled. But I had no power to recognize my own role in contributing to the problem. The day after the retreat I sent her a letter asking her forgiveness for my harsh words. I continue to try to find refuge within myself and am giving time for our relations to*

improve...



**Sergeeva:** *The last day of retreat with Tenzin Wangyal Rinpoche is done, we are leaving, and I feel fulfilled! Filled with happiness, joy, creative potential. Of the participants, I would say that this circle of people seems very familiar, very similar to me energetically, very friendly. On a subtle level I can feel that we are all one. It is the first time that after a retreat I feel full of gratitude and love, not only for the teacher, but also for the many other participants ...*

*"I'm happy," I thought and said upon leaving Kunphenling. Indeed, this retreat*

*has helped me to look at the world with more openness, more depth, and has helped me to be a bit more balanced. Thank you!!!*

Like always, when Rinpoche comes to Moscow, he is teaching something that nobody anticipated. It is always a fresh teaching and always very helpful. Dream Yoga practice, as a practice of life transformation – we have embraced this idea close to our hearts. His power and love energize us, and he even has given us responsibilities for continuing with this practice. And we are very, very happy to be part of this ancient teaching.

... After we watched Rinpoche's jacket disappear beyond the passport-control doors in the airport, the strong feeling of loss arose. But in the same moment we knew a timer had just started to count down the minutes to our next meeting with him. And the best first thing we can tell him upon this next meeting might be: "Rinpoche, we are doing your practice always, and this helps us a lot in our lives, bringing us step by step to the awakening."

— Pavel Kuzmin

More information about Bon Buddhist teachings in Moscow can be found at: <http://www.bonpo.info/> or <http://www.garuda-bon.ru/>

Photographs by Sergey Borisov



## A Letter From Alejandro Chaoul

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### News About November's Tibetan Yoga Retreat

*The next Tibetan Yoga retreat (Part 2) will take place from Nov. 3 through 7, 2010, at Ligmincha Institute's Serenity Ridge Retreat Center in Nelson County, Va. Prerequisite: This retreat is open to students who have received the Part 1 teachings of Trul Khor (Zhang Zhung Nyen Gyu) since Jan. 1, 2000. Instructor Alejandro Chaoul shares an update below.*

[More information / register >](#)

Dear trul khor practitioners,

I hope this letter finds you well and that your practice is developing and bringing benefits in your life. Some of you may have already learned Part 1, and others may have taken higher-level *trul khor* classes and maybe, if you have not kept up with it, your practice is a little rusty.

Here is an opportunity to keep the magical wheel spinning!

I have been talking with Tenzin Wangyal Rinpoche, as well as other *trul khor* instructors, and we have decided to make some changes in the program that we believe will simplify it and help you go deeper into your practice.

All who have received the Part 1 teachings of *trul khor* (Zhang Zhung Nyen Gyu) since Jan. 1, 2000, are invited to participate!



For the first time we will be presenting a program that will include both the *Zhang Zhung Nyan Gyud Trul Khor* sets 1, 2 and 6 together with the *A-Tri Trul Khor* set of 16 movements that have been taught in recent years at Serenity Ridge. I believe this will be an important modification, as it presents the *trul khor* movements in a way that is less complicated and more supportive in helping you to maintain *trul khor* as an ongoing practice.

Upon completing this Part 2 program, you could be eligible to continue your *trul khor* training and deepen your practice. In time we will be offering

this new training and continue teaching this revised open program in two parts not only at Serenity Ridge, but also in Europe, Mexico, and other Latin American countries, where there will be opportunities to create and join practice groups based on this new *trul khor* presentation.

Please feel free to [email me directly](#) if you have any questions. I look forward to hearing from you soon and learning how you are doing, how your practice is going, if you are planning to attend in November, and of any questions you may have. As you know, you can register directly through our Web site [www.ligmincha.org](http://www.ligmincha.org), by emailing [Ligmincha@aol.com](mailto:Ligmincha@aol.com), or by phone: (434) 263-6304.

With many *tashi deleks* and warm regards,

Alejandro Chaoul

[More information / register >](#)



## Update: Consecration of the Great Stupa

### New Schedule Details Posted

All are invited to celebrate in the events surrounding the Internal Consecration of the Great Stupa for World Peace this November/December in Mexico. New details about the schedule of events, including a lecture and seminar with **H.E. Yongdzin Tenzin Namdak Rinpoche, Khenpo Tenpa Yungdrung Rinpoche**, and **Geshe Tenzin Wangyal Rinpoche**, have just been added to our information page. See also the newly posted video. [Visit the page now >](#)



## New Online Workshop Begins Nov. 6

[Print this article](#) / [Print full issue](#)

### ‘Achieving Great Bliss Through Pure Awareness’

A new three-week online course with Geshe Tenzin Wangyal Rinpoche will take place Nov. 6 through 28, 2010. In this workshop Tenzin Rinpoche will instruct and guide the practice of **the Fivefold Teachings of Dawa Gyaltzen**, a revered Tibetan Bon dzogchen meditation master who lived in the eighth century A.D. This ancient teaching offers pith instructions for a meditation practice that guides one to enter a state of pure awareness that can lead to peace, joy, and ultimately the great bliss of self-realization.

[More information / register >](#)

- Instruction is via Internet-based video
- Three weeks of ongoing support from Tenzin Wangyal Rinpoche as you work with the practices
- No set class times, instructional videos remain available throughout the course
- Practice on your own schedule in the comfort of your home
- Share your experiences and learn from other practitioners through forums, chats, blogs and instant messaging
- Easy-to-use and easy-to-navigate workshop site
- All you need is a broadband Internet connection such as DSL or cable.

Offered in cooperation with GlideWing Productions. [Learn more at GlideWing.org >](#)



## Upcoming Retreats

### 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 [Ligmincha@aol.com](mailto:Ligmincha@aol.com) or 434-263-6304.

**Oct. 2, 2010**

#### **New Directions in the Dialogue Between Buddhism and Science**

#### **A One-Day Workshop With Tenzin Wangyal Rinpoche and Presenters From the University of Virginia**

Researchers from the Division of Perceptual Studies within the Department of Psychiatry and Neurobehavioral Sciences of UVA will share their findings related to core elements of the Buddhist teachings, including the belief in rebirth. Tenzin Wangyal Rinpoche will participate in the dialogue and guide meditation practices.

[More information/register online >](#)

**Oct. 6-10, 2010**

#### **Sleep of Clear Light: The Practice of Sleep Yoga With Geshe Tenzin Wangyal Rinpoche**

Centuries ago, Tibetan yogis developed the practice of sleep yoga to transform these dark hours of ignorance into a path toward enlightenment. A powerful tool for awakening, sleep yoga is more than a practice of the night. It helps us to integrate all moments — waking, sleeping, meditation, and even death — with the clear light of awareness. During this intensive five-day retreat, Geshe Tenzin Wangyal Rinpoche will teach and guide us in the clear-light sleep practices of the Mother Tantra, one of the most important cycles of teachings in the Tibetan Bon Buddhist tradition.

[New: Extend your stay >](#)

[Learn more or register >](#)

**Oct. 10, 2010, 12 noon - 1:15 p.m. Eastern Time U.S. (New York time)**

#### **Live Internet Broadcast**

#### **Guided Dzogchen Practice With Geshe Tenzin Wangyal Rinpoche**

For our Internet audience only.

[More information >](#)

[Enter the broadcast site >](#)

**Oct. 12, 2010, 7:00 – 8:30 p.m. Eastern Time U.S. (New York time)**

#### **Live Internet Broadcast**

#### **'The Power of Openness,' With Geshe Tenzin Wangyal Rinpoche**

This will be a live Webcast of a free public talk in Charlottesville, Va., offered in partnership with Unity Church.

[More information >](#)

[Enter the broadcast site >](#)

**Nov. 3 - 7, 2010**

#### **Tibetan Yoga, Part 2: Trul Khor Training From the Zhang Zhung Nyen Gyu With Alejandro Chaoul-Reich**

The contemplative movements of Tibetan Yoga (*trul khor*) enable us to enter all three doors of body, energy and mind through a single practice, offering a powerful, skillful means for clearing the obstacles and obscurations to openness and clarity in meditation practice. Open to students who have received the Part 1 teachings of *Trul Khor (Zhang Zhung Nyen Gyu)* since Jan. 1, 2000.

[Learn more or register >](#)

**Dec. 27, 2010 - Jan. 1, 2011**

#### **Dzogchen: The View, Meditation, Behavior, and Result**

#### **The Experiential Transmission of Zhang Zhung, Part 3**

#### **With Tenzin Wangyal Rinpoche**

The Experiential Transmission of the Zhang Zhung Masters is the centerpiece of Geshe Tenzin Wangyal Rinpoche's dzogchen teachings and is presented at Serenity Ridge each year at our winter retreat. *Prerequisite:* Practitioners who have already received the Part 2 or higher-level teachings in a previous cycle of *Chag Tri* teachings are warmly invited to attend this retreat.

[Learn more or register >](#)

**New: Extend your stay!** You may stay up to three days after the winter retreat for personal retreat

time. For more information or to register for an extended stay, contact the Ligmincha office at [ligmincha@aol.com](mailto:ligmincha@aol.com) or 434-263-6304

**April 13 - 17, 2011**

**Living With Joy, Dying in Peace**

**With Geshe Tenzin Wangyal Rinpoche**

Details regarding the annual Spring Retreat at Serenity Ridge are coming soon.

**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 [Ligmincha@aol.com](mailto:Ligmincha@aol.com) or 434-263-6304, or go to:

<https://www.ligmincha.org/retreats/retreats.html>

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