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Teaching Issue

Volume 13, Number 5 / October 2013



Letter from the Editors

Many Ways to Connect



Dear Friends,

We are happy to share in this issue an excerpt from oral teachings given by Geshe Tenzin Wangyal Rinpoche in 2012 on the "Tibetan Yogas of Body, Speech, and Mind." These truly exceptional teachings were given over a weekend retreat in Pacific Palisades, Calif., and are available as an edited transcript. We'd like to thank Rinpoche for his clear, detailed explanations of the Three Doors and Three Refuges. Thanks also to a great team that worked to make this transcript come into being: Ken Okuno for his recording work, Jane Goe and Mark Hammons for their transcribing work, Marcy Vaughn for editing the transcript, Mary Ellen McCourt for text and cover design, and Bob Anger for coordinating the retreat.

Be sure to check out all the latest news and happenings featured in this issue:

- Live webcast on "The Open Heart" Saturday, Oct. 12, plus future webcasts
- Rinpoche receives Wisdom Award
- YouTube video—Rinpoche's Advice on Practice
- Three upcoming online workshops
- Yongdzin Tenzin Namdak Rinpoche to visit Poland this month
- Appreciation for Serenity Ridge's registration coordinator Carrie Chandler and opening of new internship position
- Trul Khor retreat with Alejandro Chaoul-Reich end of October
- The Five Warrior Syllables—weekend retreat Nov. 16 & 17 with John Jackson
- More Spanish translations available!
- *Ligmincha Europe Magazine*—preview of fall issue
- Invitation to a special Winter Retreat at Serenity Ridge

These are just a few of the numerous and varied opportunities available to connect to the Bon Buddhist teachings—simply amazing and wonderful. Rinpoche's webcasts and Internet teachings are reaching many people who are unable to make it to retreats. Inspiring to us is the number of people working together in countless ways to help bring the wisdom of this great Bon tradition to such wide audiences around the world, and we continue to enjoy our small role in sharing some of that wisdom here in Voice of Clear Light. Emaho!

In Bon,
Aline and Jeff Fisher

Three Doors and Three Refuges

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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:

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An Excerpt from the Edited Transcript of Oral Teachings Given by Tenzin Wangyal Rinpoche on the 'Tibetan Yogas of Body, Speech, and Mind,' February 2012



We speak of the three doors and three refuges. The stillness of the body is the door; it is not the place of refuge. We say the silence of speech is the door, not the refuge, and the spaciousness of the mind or the heart is the door, but not the refuge. The refuge is the unbounded space, infinite awareness and genuine warmth, or the body of emptiness, body of light, body of great bliss. Does that make sense, that distinction? The expression "the door" means it's gross, it's approachable, it's easier, and then through that door is the refuge itself. Sometimes we might not feel a deep sense of that space. When you

really feel that deep sense of the space, then everything changes. Maybe we don't feel the depth of the space, but by trying to connect with the stillness, we feel closer. So that's why it's referred to as a door.

For example, in the second refuge we say, "I take refuge in this body of light, in the infinite awareness." Awareness is a state of mind, a state of consciousness, and it's not just awareness, it's awareness of that unbounded space. It's not awareness of a flower, awareness of food, awareness of, I don't know, a cup, awareness of evil, awareness of pain. It's none of that. It's awareness of only one thing—unbounded space. That makes a big difference.

In order to have that state of mind, mind has to be clear. Mind has to be clear in order to be aware of unbounded space. The silence helps to achieve that depth of connection. So silence becomes the door for that. "Silence" is the sense of inner silence, where there is not so much chattering. If there is a lot of chattering, then forget about infinite awareness. When I try to enter through the door, it means I'm trying to listen to this inner silence, but what I'm doing is I'm listening to the chattering voice and saying, "I hate this voice, I hate this thought. When am I going to stop thinking!"

When you speak to yourself like that, then you're still thinking. This constant thought is about not thinking, but it's still thought. If this chain goes on, then there is no way of having that infinite awareness, that light, or knowing the sacred space. You cannot know the sacred space when you are completely caught up with those voices. There's no way. So in order to know, it's through the door of the silence. I say to people that the door of silence is listening to the silence. They never think about listening to the silence; they always think about listening to the voice. If you listen to the silence, you hear silence. If you listen to the voice, you hear the voice. If you listen to the noise, you hear noise.

When was the last time you had a problem with the noise? What? Today? Okay. And did you notice that you were really listening to that? How many people did not have a problem with the noise today? Okay. Did you notice that you were not listening to the noise? When you listen to it, you hear it. If you listen to the silence inside, you'll hear the silence. So not only do you hear the silence, the most beautiful thing is that the moment you hear the silence, the noise stops. The moment the noise stops, you feel more connection to that awareness, because our awareness can only emerge when the noise is not there, and therefore it becomes a door. Does that make sense?

These are some technical things, but there is a particular logic here. I think in some sense it's wonderful, it's so rich in tradition, so there is depth for this. Of course, sometimes it takes a little energy to learn these things, to make some connection, some understanding—this is connected there, that is connected here, this makes sense because of that; that makes sense because of this. It's always in the same territory, which is the absolutely necessary territory. It's not about long stories. It's not a long story, it's a short story, but it's a necessary story. So that's why it is called a door.

And the third door is where we talk about how the spaciousness of the heart and mind brings the feeling of that warmth. You can never feel the warmth unless you feel the space. The warmth always comes with the space. When you don't feel the warmth, try to feel the space. There's the example of the sky. When you look at the sky, it immediately helps you feel some space.

So three doors, three refuges. When you don't find the refuge, pay attention to the door. In the place of the term "door" sometimes we say three pills.

One way to say it is that a door is an easier way into where you are trying to get. There's the destination, and the door. The door is supposed to be an easier way to enter where you are trying to get. The inner refuge is a much higher quality, a higher place. A higher place means unbounded space. There are no conditions there. The moment you get closer to that, everything dissolves. That kind of place is the inner refuge. When you don't have access to that, what disallows us from that is the old movement,



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like the pain body or pain speech. These are activities that interfere with being in that space. So mind is trying to find a way to it, trying to find a way to that inner refuge.

One way to find it is in keeping our body still. "The stillness of the body is the door" means it's easy to do if you remember to do it. Be still. When you're very shaky, just be still, sit down. If they are shaky, immediately you try to hold somebody, make somebody sit down in a more stable place. We try to do that, right? That's all it is. That is like zhi-ne practice, when that stillness helps you to calm down, calm down, calm down, and gradually opens like a door to that space. During the meditation, that's what happens.

So that's the meaning of the door. The stillness of the body is very easy to do, easy to feel. But the stillness of unbounded space is not that easy to feel. It's completely different. It is the unshakable stillness. The body is shakable stillness. Unbounded space is unshakable stillness. That's the difference. That's why one becomes the door and the other becomes the destination. Does that make sense?

The word "unbounded" means everything here—unbounded and unconditioned. Every condition dissolves here. To feel this inner stillness, if you don't have access to this inner stillness, trying to be still in the body helps you. That is why it's a door; it helps you to enter into the unbounded space. That's the understanding of door. It's the same thing when I refer to "silence." Chattering thoughts are the obscuration of being aware, of being conscious. Silence helps to enter into the awareness of the unbounded spaciousness. That's why when you have obstacles, you listen to the silence and you hear the silence, and it helps you to enter into that clarity of mind. That's why silence is called a door.

(This excerpt is taken from the transcript "The Tibetan Yogas of Body, Speech, and Mind," oral teachings given by Geshe Tenzin Wangyal Rinpoche in Pacific Palisades, Calif., Feb. 10–12, 2012. The transcript is available at [Ligmincha's Bookstore & Tibet Shop](#).



Don't Miss Free Live Oct. 12 Webcast!

'The Open Heart: Healing in the Dzogchen Tradition' with H.E. Menri Lupon Trinley Nyima Rinpoche and Tenzin Wangyal Rinpoche

Free Live Webcast
Live dzogchen teachings from the
Tibetan Bon Buddhist tradition

**THE OPEN HEART:
Healing in the Dzogchen Tradition**

October 12, 2013
3–4:30 p.m. New York time

Translations in multiple
languages available

H.E. Menri Lupon Trinley Nyima Rinpoche
and
Geshe Tenzin Wangyal Rinpoche

www.ligmincha.org

Join us from your computer on Saturday, Oct. 12, 2013, 3–4:30 p.m. Eastern Time U.S. (New York time), for a live webcast broadcast from the annual **Fall Retreat** (not a public talk). Simultaneous translation in multiple languages will be available.

Geshe Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha Institute, will be joined by H.E. Menri Lupon Trinley Nyima Rinpoche, head instructor of Menri Monastery in Dolanji, India.

The free live webcast is an opportunity for the cyber-sangha and anyone who is interested to come together online to listen to teachings. If you live close to other sangha members, please consider gathering together in a group with sangha members and friends to view the Oct. 12 webcast.

- The next **full-day** live webcast with Tenzin Wangyal Rinpoche 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), Tenzin Wangyal Rinpoche will give a live webcast from the annual **Winter Retreat** at Serenity Ridge (not a public talk).

[Enter the live-broadcast page](#)

[View previous recorded Ligmincha webcasts](#)



Tenzin Wangyal Rinpoche Honored with Wisdom Award

Rinpoche Recognized for Efforts to Keep Tibetan Bon Buddhist Tradition Alive



Geshe Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha Institute, received the second annual Wisdom Fellowship award from the Sacred Fire Foundation on Aug. 17. The award honors and supports elders around the world who have dedicated their lives to bringing wisdom, leadership and learning to their communities and their peoples.

Rinpoche was recognized for the important work he continues to do to keep the Tibetan Bon Buddhist tradition alive in the world. The award was presented at the Sacred Fire Foundation'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.

"We are giving out our second Wisdom Fellowship award this year to Rinpoche because we believe that the ever-important work he continues to do for his people, and for the people of the world, is of vital importance and sets the high standard we seek to honor and to promote with this Fellowship program," said Sofia Arroyo, Grants and Partners Director.

Recognized as one of the first to bring the Bon Buddhist teachings to the West, Tenzin Wangyal Rinpoche is an acclaimed author and highly respected and beloved teacher of the Bon tradition for students throughout the United States, Mexico and Europe. He is renowned for his depth of wisdom; his clear, engaging teaching style; and his ability to make the ancient Tibetan teachings highly accessible and relevant to the lives of Westerners.

Arroyo noted that Rinpoche continues his dedicated efforts to preserve the Bon Buddhist tradition "through establishing centers and groups worldwide, through translating and publishing texts, and through teaching Bon as an authentic, living tradition to Western students around the world."

In accepting the award, Rinpoche said, "It is very important what you are doing. As far as people who are interested in learning, it's a nice way of coming to one place and hearing about many different traditions together." He added, "In the world, we need more openness and collaboration among different spiritual traditions and elders. The Sacred Fire Foundation is a unique place bringing elders together to share their wisdom traditions."

The Sacred Fire Foundation, with headquarters in Santa Monica, Calif., supports initiatives that help people discover the sacred, interconnected nature of life, a perspective held by indigenous peoples and spiritual traditions everywhere. The 2012 Wisdom Fellowship Award recipient was Oren R. Lyons, a traditional faith keeper of the Turtle Clan of the Onondaga Nation who sits on the Onondaga Council of Chiefs.



'When You Believe You Can't Practice'

Tenzin Wangyal Rinpoche Shares Important Advice

Watch this 11-minute YouTube video of Tenzin Wangyal Rinpoche teaching during this past annual Summer Retreat at Serenity Ridge.

[View video](#)



'Transforming Our Emotions Through the Six Lokas'

Register for Oct. 26–Dec. 14 Ligmincha Online Workshop

Ligmincha Learning will offer a seven-week online course, "Transforming Our Emotions Through the Six Lokas," from Oct. 26–Dec. 14, 2013. The seven-week course will give participants a thorough



introduction to the Six Lokas practice of the Tibetan Bon Buddhist tradition.

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 remedy this situation, to help us live our lives in a balanced and relaxed way.

The course includes original teachings by Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha Institute. Rinpoche also leads guided meditations that focus on the root causes of our suffering: anger, greed, ignorance, jealousy, pride and laziness. The practices have a deep

healing and transformative power, and are traditionally practiced at length as a preliminary to dzogchen contemplation.

In addition to video teachings and guided meditations, the course features readings, journal writing activities and weekly online discussions with classmates from around the world facilitated by John Jackson, director of the Chamma Ling Colorado retreat center.

[Learn more and register](#)



'Tibetan Dream Yoga' and 'Awakening the Sacred Body'

Upcoming Online GlideWing Workshops



GlideWing is sponsoring two upcoming workshops with Geshe Tenzin Wangyal Rinpoche: Tibetan Dream Yoga and Tibetan Yogas of Breath and Movement. Learn and practice from your own home, at your own schedule, with personal guidance from Tenzin Wangyal Rinpoche.

Tibetan Dream Yoga Nov. 16–Dec. 8, 2013

The next four-week GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, "Tibetan Dream Yoga," begins Saturday, Nov. 16, 2013. Dream yoga is a powerful tool of awakening that has been used for hundreds of years by great masters of the Tibetan traditions. This workshop provides detailed instruction for dream yoga, including foundational practices done during the day.

[Learn more/view introductory video](#)

Tibetan Yogas of Breath and Movement Jan. 11–Feb. 2, 2014

In this three-week online workshop, Awakening the Sacred Body: The Tibetan Yogas of Breath and Movement," Tenzin Wangyal Rinpoche teaches ancient practices of breath and movement that can help you clear physical, energetic and mental obstacles; enhance well-being; promote spiritual growth; and help you rediscover joy.

[Learn more/view introductory video](#)



Yongdzin Tenzin Namdak Rinpoche to Visit Poland

All Invited to Attend Oct. 24–27 Event at Chamma Ling Center, Wilga, Poland



Tenzin Wangyal Rinpoche cordially invites everyone, and especially his European students, to come to the Chamma Ling retreat center in Poland this October. Yongdzin Tenzin Namdak Rinpoche, the most senior teacher of the Tibetan Bon Buddhist tradition, will consecrate the new temple there and bestow dzogchen teachings.

Tenzin Rinpoche has canceled all his programs in the U.S. during this time so he can be present for the event. Also attending will be Khenpo Tenpa Yungdrung Rinpoche, abbot of Triten Norbutse Monastery.

[View YouTube video of Tenzin Rinpoche's announcement](#) about this special occasion in English

[Learn more in Polish on Chamma Ling Poland website](#)



With Much Appreciation to Carrie Chandler

Leaving Position as Serenity Ridge Registrar and Program Coordinator



With some sadness for us and happiness for her, we want to let you know that Carrie Chandler will be leaving Serenity Ridge at the end of October. She is newly engaged and will be moving to Northern California to join her partner there. Carrie began as an intern for Serenity Ridge retreat registration and program support in summer 2012 and later became registrar and program coordinator.

Carrie has brought much joyful effort to her position, and has made everyone feel welcome at Serenity Ridge. As she is bilingual in Spanish, Carrie was especially helpful to our Spanish-speaking sangha. We will greatly miss her joyful presence.

With much appreciation for her attention to detail and the warmth and care she has offered to all, we send with her bountiful good wishes as she moves into the next phase of her life.

Carrie's departure has created a new internship position. Please view the description in the article below.



Onsite Internship Opportunity: Retreat Registration and Program Support

Position Open Now at Serenity Ridge Retreat Center in Shipman, Va.

If you enjoy working in a small, dynamic office environment in a beautiful retreat center setting; are highly organized; have excellent computer and communication skills; possess the capacity to be flexible in the midst of changeable situations; enjoy working collaboratively with staff, volunteers and interns; and are open to assist with whatever is needed to support retreat participants and programs, consider applying for this internship position for retreat registration and program support.



Primary responsibilities include answering phone and email inquiries about retreats and accommodations, data entry, working with our bookkeeper regarding registration payments, welcoming retreat participants, setting up online registration for events, and doing registration at retreats and other events. The position is 32 hours per week and includes a small stipend, onsite accommodations and the opportunity to attend most retreats. This is a one-year position and is open immediately.

Proficiency with Microsoft Office 2010 (Word, Excel and Access) and attention to detail are a must; experience with financial reports is a plus; Spanish proficiency is a bonus!

This is a wonderful opportunity to support those coming to retreats at Serenity Ridge, and to provide general program support for retreats at Serenity Ridge. If you are interested in applying, [please email your inquiry and resume to Ligmincha](#).



Trul Khor Training: Oct. 31–Nov. 3, 2013, at Serenity Ridge

Advancing in the Training: Tibetan Bon Yoga, Part 3, with Alejandro Chaoul-Reich

For those who have done Parts 1 and 2 of the Tibetan Bon yoga as taught at Ligmincha Institute's Serenity Ridge Retreat Center and Chamma Ling Colorado Retreat Center since 2009, we will be continuing with the training this November and completing it next year.



Come and renew or continue your training in the ancient practice of yoga (trul khor) from the Bon Buddhist tradition of Tibet as you explore the body's energetic dimensions and integrate the practice with everyday life.

Alejandro Chaoul-Reich will conduct the training on the contemplative

physical movements of Tibetan Bon yoga, which enable participants to enter all three doors (body, speech/energy and mind) at once through a single practice and to deepen their connection to the inner refuge.

As participants move into the completion part of the training (parts 3 and 4), Part 3 will focus on polishing what was learned in the first two parts, strengthening preparatory breathing, deepening our meditative movements (tsa lung) to include inner and secret aspects, and expanding yoga practice with new sets of movements from the ancient oral tradition of the Zhang Zhung. Part 4, the completion, will take place in 2014, with Tenzin Rinpoche giving a talk to the group, either in person or by webcast.

[Learn more and register](#)



Tibetan Sound Healing: Nov. 16 & 17, at Serenity Ridge

The Five Warrior Syllables with John Jackson



Learn how to use the power of sound to help heal physical illness, clear psychological and energetic disturbances, and uncover positive qualities such as love, compassion, joy and equanimity.

Since ancient times, meditative practices from many spiritual traditions have used sound and its vibration as an essential tool for healing and spiritual development. The Tibetan Bon Buddhist tradition is one of the oldest unbroken lineages of wisdom that uses sound for the well-being of its practitioners.

The Five Warrior Syllables practice relies on the power of sound to help heal physical illness, clear psychological and energetic disturbances, and support the spiritual practitioner to abide with clear and open awareness.

[Learn more and register](#)



Two 'Firsts' for Ligmincha at Special Dzogchen Winter Retreat

Join Tenzin Rinpoche Dec. 27, 2013–Jan. 1, 2014 at Serenity Ridge for Silent Practice Retreat

[View Spanish translation of Winter Retreat information \(traducción al Español\)](#)

This year's annual Winter Retreat at Ligmincha Institute at Serenity Ridge will be a "first" in two different ways: its focus will emphasize practice, and the retreat will be held in an atmosphere of respectful silence that will enable participants to integrate practice into every moment of the day.

During the "Dzogchen Practice Retreat: Turning Inward," Geshe Tenzin Wangyal Rinpoche will present and guide a selection of dzogchen practices as presented in the oral tradition from ancient Bon Buddhist texts. Almost all time with Rinpoche will be spent in meditation and practice. There will be a time for sharing as well as an opportunity to ask questions in the gumpa (meditation hall).



Second, this will be the first time a silent retreat has been offered at Serenity Ridge. To create an atmosphere that fully supports turning inward, participants are asked to maintain respectful silence. Space in the lounge will be provided for participants who wish to engage in quiet conversation about their practice. In addition, one table in the dining area will be reserved for those who wish to quietly share their practice with others. Other than these venues, Rinpoche asks that participants observe silence throughout all areas, indoor and outside, at Serenity Ridge.

All are welcome—from those who have completed part or all of the Experiential Transmission series, to those who have done other dzogchen retreats, to those who are exploring dzogchen for the first time. For Rinpoche's students, it will be a wonderful opportunity to process the bounty of teachings that Rinpoche has shared with us over the years, and to become more stable in practice. For new students, the retreat will be an opportunity to participate in a period of intensive meditation and practice that can help you discover the true nature of mind.

Dzogchen, known as the "great perfection," is considered the highest teaching in Tibetan Buddhism. Its fundamental tenet is that reality, including the individual, is already complete and perfect; that nothing needs to be transformed (as in tantra) or renounced (as in sutra) but only recognized for what it truly is.

The retreat will have simultaneous live translation into Spanish. *Con traducción simultaneo al Español en vivo. Para más información comuniquense con la oficina de Ligmincha Institute.*

Learn more at the links below.

[Winter Retreat in English](#)

[Winter Retreat in Spanish \(Traducción al Español\)](#)



Spanish Translations Available

August VOCL and Winter Retreat Information Now Online

Thank you Florencia Fernandez, Mexican webmaster, and Lourdes Hinojosa, translator, for your wonderful work in making Rinpoche's teachings and announcements available in Spanish!

[View the latest Spanish-language translation of the August 2013 issue](#)

[Information about Ligmincha Institute's special Winter Retreat in Spanish](#)



Ligmincha Europe Magazine Fall Issue Available Soon

Look for These Highlights in the Magazine



The new Fall issue of *Ligmincha Europe Magazine* will be online soon! You can [visit here](#) for later October release. **More**

This issue will feature articles on Ligmincha's German sangha (their longest article at 11 pages!); His Holiness Lungtok Tenpai Nyima's visit to Serenity Ridge (an article by Lourdes Hinojosa); the retreat with Yongdzin Rinpoche in Dargy Shenten Ling; art in the sangha, and news about many Europe activities that have been taking place in the recent months.

The special edition of the *Ligmincha Europe Magazine* book (issues 1–10) is soon to be completed and has six sponsors. If you are interested in more information about being a sponsor, email magazine@ligmincha.eu



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.

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 or 434-263-6304, or visit the [Serenity Ridge website](#) or the [Ligmincha Institute website](#).

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