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## Teaching Issue

Volume 16, Number 5 / October 2016



### Letter from the Editors

#### This Precious Life



Lake Yamdrok in Tibet

Dear Friends,

It's always hard when you have to miss Tenzin Wangyal Rinpoche's webcasts, especially when you plan and look forward to them, but life doesn't always cooperate with plans! Due to illness in the family, we missed the **September 10 webcast**, the first in the new series of six free webcasts on "Living in Joy, Dying in Peace," and we were reminded once again to practice while we still can. Life is so fleeting – impermanence *is* right now. The illnesses and deaths of those close by remind us not to delay and to rest in our true nature

when we are able, practice when we can, and connect with our teachers and sangha whenever the opportunity arises!

The teaching excerpt included in this issue is from the oral teachings given by Tenzin Wangyal Rinpoche at Serenity Ridge in summer 2013. It, too, reminds us of how easily we lose ourselves in continually looking and searching all around us, just as our smartphones or navigation systems are doing. Read Rinpoche's words on "Turn off Your Search Mode – Trust in Being."

Mark your calendars for the three free upcoming webcasts in October and November. There are simultaneous translations of the webcasts in up to 12 languages, as well. And space is still space available at the annual Fall Retreat at Serenity Ridge October 12–16 on "The Practice of Chöd from the Bön Mother Tantra."

Act fast if you want to sign up for the Ligmincha Learning online course on "Transforming Our Emotions through the Six Lokas," a seven-week course starting October 1. Ligmincha Learning will offer a brand new free online course, "Starting a Meditation Practice," beginning November 1. And a new Ligmincha Learning course on "Awakening the Sacred Feminine: The Healing Practice of Sherab Chamma" is coming in January. See all the details below.

GlideWing's next online course, on the topic of "Achieving Great Bliss through Pure Awareness," begins November 12.

Rinpoche will be the keynote speaker on October 8 at the Mindfulness Leadership Conference in Philadelphia, Pennsylvania, if you are in the area. His topic will be "Enlightened Leadership." And if you are in the San Jose, California area, you can attend Rinpoche's talks during the Science and Nonduality Conference beginning October 20. How fortunate that Rinpoche is available and able to share the teachings at so many different venues! You can always find Tenzin Rinpoche's teaching schedule by **date** and by **location** on the [Ligmincha International](#) website.

Winter Retreats at Serenity Ridge are right around the corner – see the details below. The 3 Doors announces a new Compassion Project – learn more! And you can find the link to the 2015 Annual Report for Ligmincha International – read about activities accomplished during 2015 and read a report about Ligmincha's finances. Can you help VOCL share the duties of webmaster? See the article below to find out how you can help. Last but not least, our links to the Spanish and Portuguese translations of the August issue of Voice of Clear Light.

#### Receive VOCL by Email

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#### Bookstore & Tibet Shop

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

We hope it will return soon.

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

#### About Voice of Clear Light

**Voice of Clear Light** is a free email publication of Ligmincha International. Your suggestions and contributions to *Voice of Clear Light* are welcome. To contact us, send an email to: [voiceofclearlight@ligmincha.org](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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## ‘Turn Off Your Search Mode – Trust in Being’

### An Edited Excerpt from Oral Teachings Given by Geshe Tenzin Wangyal Rinpoche



Tenzin Rinpoche in Poland

As I travel and teach the different cycles of dzogchen teachings, whether it be the Six Lamps, Twenty-One Nails or Experiential Transmission of the Masters, I always tell people that while I will be speaking about different aspects of the teaching, in the end, everyone needs a very clear place to summarize it all and connect – and this is always to the inner refuge. Ever since I introduced the Inner Refuge Prayer [see below] and the body of knowledge around it, I am always saying that *this is it*. One is always trying to connect with oneself – one's own inner refuge, because at the end of the day, each person needs their own personal connection to the teaching. You cannot be connected to the teaching and yet disconnected from yourself. The teaching is there to try to help you connect to yourself. But you see, even the pursuit of knowledge can be another way of disconnecting. It is very important not to have this happen and not to get distracted by all of the searching and assessing that we so often do.

Today I would like to talk to you about the idea of turning off your navigation system – your search mode. Even while you are listening to me at this very moment, you might be curious about what I have to say or by what I am not saying. However, whatever I have to say, you will hear it much better if you turn off your search mode. Simply stop looking for things. If you are trying to do something right now while you are listening to me, stop doing those things. Just sit and turn off your search mode and simply *be*.

We talk about *being* in the first refuge; we talk about being in the second refuge; we talk about being in the third refuge; we're talking about being all the time. The only thing that prevents being is when you are looking. You look more when you are excited about something. In this very moment, there's nothing too exciting, so just stop looking for anything. Just by the fact that you've turned off that search mode and stopped looking, you will already be experiencing new experiences: you feel more connection to your body; you feel more connection to this moment; you feel more connection to your breath; you feel more connection to your mind; you feel more connection to anything that is happening in this very moment. You're not worried about what might happen in the next moment, or looking forward to something that might happen in the next moment. You're simply being.

Yesterday, two of my old friends and students visited me. As they are getting older, they are having some health challenges, and they shared something interesting. They're finding that when you're in your 80s and 90s, a lot of things happen in your body, and in your health. But it's much more fun just to watch what's happening than it is to try to make anything happen. Wow, that's nice! Just to observe what's happening to your body, rather than trying to interfere with what's happening or trying to make something else happen. Of course, that doesn't mean that if your health is not good, you shouldn't do anything about it – I don't mean that. What I do mean is that the idea of always trying to do something different than what is – this is the cause of disease to begin with. It is the cause for taking away the peace from life. It is the cause for taking away our creativity and our ability to connect to ourselves or to each other. That is exactly the reason why I am saying here to turn off your navigation system. Switch off your search mode. It drains you.

Let's develop a sense of trusting the inner refuge – trusting more in this moment, trusting in the source. From there, anything that is meant to happen will happen in a much better way than you would ever know. You won't be disappointed with what happens spontaneously through that inner intelligence, that inner peace, that inner openness, rather than what would arise from that block, that pain, that fear, that anxiety, that worry, because what arises from those places is clearly not as good.

You might believe, "Oh I can't just let go of this particular issue just like that, because I am in a difficult moment in my life. I really have to find some answers. I have to answer to somebody. I have to come up with some solutions. So I cannot relax. I have to work hard. I have to think a lot. I have to talk a lot." But if you continue in that way, I guarantee you there won't be much clarity or solution there. You will continue the chain of pain and confusion. But if you are able to see how disorganized your ego is, how inefficient your ego is, how unclear your ego is, or how unclear your pain is, then you allow an opportunity – another way of being – to arise that is also like giving a little space even to your ego, giving a little space even to your pain.



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Rinpoche on



Search

As it is right now, you are not giving a little space to your pain. You are not giving a little space to your ego, nor to your fear. You're not giving a little space to this energy or to what's happening in your body. Your anxieties, restlessness – they all need some space, and if you give them a little space, they might function better. If you give them a lot of space, they will have no power to make any decisions; rather, the decisions will be coming from inner intelligence. That is so much better.

My single message here today, then, is to turn off your search mode, your navigation system. You see, if you look back at yourself over the last few hours, or the last few days, or few weeks, you will see that unconsciously your navigation system has been on so much of the time. Just like when your smartphone's navigation system is switched on, how can you tell? The phone becomes hot to the touch, and the battery is draining fast. It's not able to function optimally. It's not getting the stillness, the silence, the spaciousness. That's how we know. If you're feeling the same way as what happens with the smartphone, then you just need to know to simply turn off the search mode and give yourself a little break. It saves your battery, saves your life and your health; it saves you from doing some possibly stupid things. You may say, "Maybe I already did some stupid things." Well, then, this will save you from doing the next one.

Just focus inwardly and see. The moment you turn off your search mode, you already feel that space – a beautiful space, unconditioned space, a potential space, a home where you feel safe. Feel that inner awareness, inner light, and you already feel more alive. You already feel more rest. You already feel more joy. You already feel more ideas. You can already see more solutions. You're getting all the things that you want by *not* putting the effort into it that you've been putting in the past – or by not driving other people crazy like you've been doing up until now. And it's all by simply being, being in in that inner refuge, being connected to those sources. That's why sometimes in the dzogchen teachings, it says: the result is already there. The fruition is already there in the base. But when you're in the search mode of trying to find the fruition, the fruition goes further away, or it runs away from you. By simply being, you discover the fruition, whereas by searching, fruition runs away. So, turn off your search mode – try it!

Even if it's only occasionally at first, you can become aware of your search mode in little ways. For instance, your intention may be to sit in the nature of mind for five minutes, and you may find that you're actually not just *sitting* in the nature of mind for that five minutes; rather, you are trying to *do* something in the nature of mind. [Laughter.]

So, be that base, that awareness, that warmth. Allow it to positively impact everyone and everything around you, rather than trying to search for something and impacting everyone negatively with those pains and ego and the effort of trying to find something which is already in you. Impact everyone and everything around you positively with effortlessness, rather than impacting them negatively with effortfulness. Is that clear?

#### Inner Refuge Prayer

##### Body

The center of the victorious mandala, one's own body,  
The source of all positive qualities without exception,  
Is the expanse within the three channels and the five chakras.  
I take refuge in this body of emptiness.

##### Speech

All the gathered clouds of suffering and misery  
Are completely cleared by the wisdom wind,  
Revealing the unelaborated, primordially pure expanse of the sky.  
I take refuge in this body of light.

##### Mind

From the pavilion of the five wisdom lights,  
Rays from nondual spheres of light emanate,  
Clearing the webs of the darkness of ignorance.  
I take refuge in this body of great bliss.

©Tenzin Wangyal Rinpoche



### Next Free Live Webcasts with Tenzin Wangyal Rinpoche

#### Parts 2 & 3 of Six-Month Course on Living and Dying Plus 'The Practice of Chöd'

Registration is now open for the following live webcasts with Geshe Tenzin Wangyal Rinpoche. Each webcast is free and open to all!



**October 8, 2016 (Saturday), 3–4:10 p.m.:  
Transcending Fear, Finding Hope**

Fear may be the single biggest obstacle to leading a meaningful and joyful life, and to experiencing peace of mind at the time of death. Whether we are afraid of losing our keys, losing a loved one or losing our health, fear blinds us to our true nature and potential. Through a

teaching and guided meditation, Geshe Tenzin Wangyal Rinpoche will help us acknowledge our fears and use them as a doorway to the changeless essence that is beyond ego and fear. In connecting with that new space, we can discover a wealth of confidence, flexibility, potentiality, creativity and joy.

This webcast is Part 2 of the free six-month course on Living with Joy, Dying in Peace.

[Register for October 8 webcast](#)

[View September 10 webcast](#)

[Learn more about the course](#)

**October 15, 2016 (Saturday), 3–4:30 p.m.**

**Fear and Attachment: Doorways to Liberation (The Practice of Chöd)**

Tenzin Wangyal Rinpoche will teach and guide a meditation during his annual Fall Retreat at Serenity Ridge Retreat Center, Nelson County, Virginia. The practice of chöd is a creative and skillful method for dissolving the emotional conflicts and dissatisfaction in your life by cutting through, with compassion, the fear and attachment that obscure your natural state of mind. Broadcast live from the teaching hall.

[Register for October 15 webcast](#)

[Learn about the Fall Retreat](#)

**November 12, 2016 (Saturday), 3–4:10 p.m.**

**Asleep but Not Unconscious: Discovering Awareness in the Sleep State**

According to the ancient Tibetan spiritual traditions, the process of falling asleep is similar to the process of dying: the five elements of earth, water, fire, air and space dissolve; we enter ever-subtler states of awareness; and we transit alone to a new dimension. Yet, throughout this transition it is possible to continuously maintain our awareness. Tenzin Wangyal Rinpoche explains how to cultivate awareness in both sleeping and dying, and guides a supportive meditation practice.

This webcast is Part 3 of the free six-month course on Living with Joy, Dying in Peace.

[Register for November 12 webcast](#)

[Learn more about the course](#)

**For More Information**

[View the first \(September 10\) webcast](#) of the course on Living with Joy, Dying and Peace

[Learn more about the free six-month course](#), including its discussion forum, video and downloadable audio recordings and print materials

[Frequently asked questions](#) about live webcasts



**There's Still Time to Register for Fall Retreat!**

**October 12–16: The Practice of Chöd from the Bon Mother Tantra**



Join us October 12–16 for Tenzin Wangyal Rinpoche's annual Fall Retreat at Serenity Ridge. Rinpoche will teach on the topic of "Fear and Attachment: Doorways to Liberation – The Practice of Chöd from the Bon Mother Tantra."

There is not one person who does not face problems in life. Many of these problems have to do with fear and attachment. Fear and attachment are also the most critical obstacles to realizing your essential nature.

The practice of chöd is a creative and skillful method for dissolving the emotional conflicts and dissatisfaction in your life by cutting through, with compassion, the fear and attachment that obscure your natural state of mind.

[Learn more/register](#)

**Note:** A [Fall Service Retreat](#) will be held October 17–20. Participants will receive 50 percent off the cost of registration for the Fall Retreat.

[Learn more](#)



## Ligmincha Learning Course on Six Lokas Starts October 1

**Coming in 2017: 'Awakening the Sacred Feminine: The Healing Practice of Sherab Chamma'**



*Shenla Odkar*

Sign up now for Ligmincha Learning's online course with Tenzin Wangyal Rinpoche on "Transforming Our Emotions Through the Six Lokas." This seven-week course runs from October 1–November 19, 2016.

At one time or another each of us suffer 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 Bön lineage developed the meditations of the Six Loka specifically to remedy this situation, to help us live our lives in a balanced and relaxed way.

The meditations focus on the root causes of our suffering: anger, desire or greed, ignorance, jealousy, pride and laziness. Through each meditation we examine our habitual patterns so that we may recognize

them, then invoke the enlightened energy of the Buddhas to purify and transform us so that we and all other beings might not continue to suffer in this way. The practices have a deep healing and transformative power, and are traditionally practiced at length as a preliminary to dzogchen contemplation.

[Learn more/register](#)



*Sherab Chamma*

**Coming in 2017:** Ligmincha Learning is happy to announce a new online course: "Awakening the Sacred Feminine: The Healing Practice of Sherab Chamma" with Marcy Vaughn from January 6 – February 10, 2017. Look for more information soon on the [Ligmincha Learning](#) website.



## Starting a Meditation Practice

**A New, Free Self-Guided Course with Rinpoche on Ligmincha Learning**



We are excited to announce a new, free course with Tenzin Wangyal Rinpoche on [Ligmincha Learning](#) beginning November 1. The course, "Starting a Meditation Practice, from the Bön Tradition of Tibet," provides a complete introduction on beginning a meditation practice, with clear and easy-to follow-instructions.

Recorded over several weeks at Rinpoche's home in California, these videos, images and written instructions discuss why it is important to develop a regular meditation practice and how to cultivate one's practice. Rinpoche discusses practical matters such as how to sit in the five-point posture, what time of day is best for practice and how long to sit. He then guides participants the practices of the Nine Breathings of Purification, the Five Outer Tsa Lung, and the Refuge of the Body, or Stillness. The videos are presented in short segments, each one on a specific topic or aspect of practice.

To begin with, this new course will be offered in English and with English subtitles. Over the coming months, Spanish, German, Polish and other languages as subtitle options will become available, along with guided meditations as MP3 files for download in the same languages. In the future, expanded access will be available to online teachings in multiple languages. Registration details are coming soon on the [Ligmincha Learning](#) website.

It is hoped that this will be the first of many courses or tutorials offered by Tenzin Wangyal Rinpoche, resident lamas and senior Western students through the online learning platform. Several new courses on Ligmincha Learning are already being planned, including the practice of Sherab Chamma, the Wisdom Loving Mother; another course introducing the Outer, Inner and Secret Tsa Lung practices in greater detail, and a follow-up course by Rinpoche on cultivating a personal practice at home.

Providing this and other online programs, like Rinpoche's live webcasts, is the work of a sizeable team of volunteers and, on occasion, paid professionals. For Ligmincha to continue to make such content available, financial support of practitioners all around the world is needed. If you have benefited from the teachings and practices offered on line, whether the live webcasts or courses or both, please consider

making a donation to support activities online. Your contribution will help ensure that you and others like you all around the world will continue to have access to the precious Bön teachings and to Tenzin Wangyal Rinpoche online.

[Donate now](#)



## Rinpoche is Keynote Speaker on 'Enlightened Leadership' October 8

### Mindfulness Leadership Conference in Philadelphia, Pennsylvania



If you are near the Philadelphia area, join Geshe Tenzin Wangyal Rinpoche, on Saturday, October 8, as he gives the opening keynote address at the conference on Mindfulness and Leadership: Leading from Within at the University of Pennsylvania.

Rinpoche will give the opening keynote address on "Enlightened Leadership" October 8 from 7–9 p.m. at the Perelman Center for Advanced Medicine at the University of Pennsylvania. His address will explore how mindfulness and meditation facilitate leadership. True leadership connects us to the innate spaciousness of our being so that conflict arising from ego, attachment and aversion dissolve.

Meditative practices offer direct access to this spaciousness, allowing openness and compassion, necessary components of enlightened leadership, to grow. The evening will include a talk, guided meditation practice and discussion.

The conference continues the next day, October 9, from 9 a.m.–4 p.m. at the same location, with Tenzin Rinpoche and four other speakers.

The event is sponsored by the Penn Program for Mindfulness. Rob Patzig, president of Ligmincha International, and Alejandro Chaoul-Reich, Ph.D., Ligmincha's director of research and a faculty member at the University of Texas M.D. Anderson Cancer Center, collaborated on the conference. Ligmincha has sponsored four Buddhism and Science conferences in past years.

[Learn more/register](#)



## Tenzin Wangyal Rinpoche Featured Presenter

### Science and Nonduality Conference in San Jose, California

On October 20, Tenzin Wangyal Rinpoche will present a preconference workshop and an evening plenary session at the Science and Nonduality Conference in San Jose, California.

Rinpoche's topic for the workshop, scheduled from from 2–5 p.m., will be "The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life." That evening, when the conference begins, he will present a plenary session from 8:40–9:10 p.m. on "Awakening the Luminous Mind."

The theme of the 2016 conference, held at the Dolce Hayes Mansion in San Jose, is On the Edge of the (Un)known. The program begins with preconference workshops on October 19 and ends October 23. Presenters include Deepak Chopra and Robert Thurman, among others.

[Learn more](#)



## The 3 Doors Compassion Project Launches

### Meditation Practices to Strengthen Resilience to Suffering

The 3 Doors, an international meditation organization, has just launched a nine-month compassion project for healthcare, education and social service providers. This project examines empathy burnout, obstacles to compassionate caregiving and the development of self-compassion. Led by Senior 3 Doors Teachers Gabriel Rocco and Marcy Vaughn, participants are learning ancient Tibetan meditation methods to strengthen their resilience in relation to suffering.



Gabriel Rocco and Marcy Vaughn

"You can't talk about compassion without talking about suffering. How do you experience the suffering of others? How do you acknowledge and care for your own suffering?" asks Marcy Vaughn, a senior student of Geshe Tenzin Wangyal Rinpoche who teaches Tibetan meditation internationally. "The 3 Doors Compassion Project is bringing together an amazing group of doctors, body workers, educators, therapists and hospital administrators to explore how experiences of suffering affect our natural ability to be compassionate."

Participants will experience how these Tibetan meditation practices can clear blocks and open up their natural caregiving abilities. In addition to a daily meditation commitment, the 28 participants will meet monthly for

daylong workshop retreats held at the Contemplative Arts Studio in Bryn Mawr, Pennsylvania. The teachings include an integrated process of meditation and self-reflection to cultivate love, compassion, joy and equanimity in relation to self, family and community. This project has been generously funded by an anonymous donor who is dedicated to supporting healthier, happier workplaces and communities.

The 3 Doors Compassion Project includes a research component to document the effects of these Tibetan meditation methods on mindfulness, compassion, work burnout, anxiety and depression, quality of relationships and quality of life. The research is led by principal investigator Mike Gawrysiak, Ph.D., Delaware State University and University of Pennsylvania School of Medicine, with the support of The 3 Doors research team: Claire Clark, Ph.D., University of Utah School of Medicine; Alejandro Chaoul-Reich, Ph.D., University of Texas MD Anderson Cancer Center's Integrative Medicine Program; and Scott Clearwater, Ph.D.

"All of our participants have had experience with some form of mindfulness practices or mindfulness training," explains Gabriel Rocco, who also serves as a senior instructor at the Penn Program for Mindfulness and also is a senior student of Tenzin Wangyal Rinpoche. "We plan to build on this base and provide them with workplace meditation tools that can help them resolve issues as they arise, moment to moment. Once learned, these meditation methods can be quickly used to effectively remove blocks and restore energy levels. Marcy and I are so excited to be bringing these teachings to our local community."

**The 3 Doors** is an international meditation organization founded by Tenzin Wangyal Rinpoche that teaches Tibetan meditation methods with practical applications for everyday life. *Transforming lives through meditation.*

[Learn more](#)

**The Contemplative Arts Studio** (Bryn Mawr, Pennsylvania), founded by Gabriel Rocco and Marcy Vaughn, integrates meditation and personal reflection for health and creativity.

For additional information about this project, [email Robyn](#).



## Next GlideWing Online Workshop Begins November 12

### 'Achieving Great Bliss Through Pure Awareness'

Tenzin Wangyal Rinpoche's next three-week GlideWing online workshop, on "The Nature of Mind: Achieving Great Bliss Through Pure Awareness," will be held November 12–December 4. This ancient Tibetan meditation practice provides a direct method for entering the state of pure awareness that leads to peace, joy and, ultimately, full realization.

In this interactive course, students will learn and practice from their own home, at their own schedule, with personal support and guidance from Geshe Tenzin Wangyal Rinpoche.

Via Internet-based video, Rinpoche will guide you through each of the steps of the Fivefold Teachings of Dawa Gyaltsen, an eighth century dzogchen meditation master. Dzogchen, also known as the "Great Perfection" or "Great Completion," is considered the path of self-liberation and the highest form of teaching and practice in the Tibetan Bön Buddhist tradition. The practices of this workshop offer methods for progressively expanding and deepening one's state of conscious awareness until one transcends the level of the ordinary mind, becoming one with the blissful state that is the true nature of mind.



[Learn more and register](#)

**Upcoming GlideWing Workshops:**

- **Jan. 7–29, 2017:** [Awakening the Sacred Body](#)
- **Feb. 25–March 19, 2017:** [Healing from the Source: Meditation as Medicine for Body and Mind](#)

**Winter Retreats at Serenity Ridge****The Experiential Transmission of Zhang Zhung, Part 3 and Practice Retreat**

Join Geshe Tenzin Wangyal Rinpoche December 27, 2016–Jan. 1, 2017 for Part 3 of The Experiential Transmission of Zhang Zhung as participants continue to explore the nature of mind. Part 3 – View, Meditation, Conduct and Result of Dzogchen – focuses on pith instructions to develop certainty in the nature of mind and to integrate experiences and realizations in everyday life.

*Participants must have received the teachings for the Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind before progressing to Part 3.*

[Learn more](#)

Immediately following the Winter Retreat, a Practice Retreat will be offered January 2–3 or Jan. 2–8, 2017, with Geshe Tenzin Yangton for anyone who has completed Part 3 of the Experiential Transmission, or for those who wish to attend a personal practice retreat.

[Learn more](#)

**Ligmincha International's 2015 Annual Report****Read About Ligmincha's International Activities and Finances**

Ligmincha International's Annual Report for calendar year 2015 was recently released. Read about what has been happening during 2015 and read a report about Ligmincha's finances.

This year Ligmincha has changed its accounting process, so this report covers the entire calendar year for 2015. The report contains information about sanghas and centers around the world, including Serenity Ridge, headquarters of Ligmincha International, and information about Tenzin Wangyal Rinpoche's expanded teachings both throughout the world and online.

[Read 2015 Ligmincha International Annual Report](#)

**We Need Your Help!****Seeking Volunteer Webmaster for Voice of Clear Light**

Ligmincha is in need of a new webmaster for its newsletter, Voice of Clear Light (VOCL). Sharing of position with a second volunteer is possible.

The person in this volunteer position takes the articles and photos for each issue of the VOCL and creates the online issue every other month. Typically this position requires an estimated 15 hours of work for each issue. The main skill sets needed to succeed are familiarity with Joomla and HTML coding. Some ability to render photos into various sizes using an image editor such as PhotoShop or Print Shop also is helpful.

If you have ever worked with Joomla before and think that you would enjoy using your skills to support the worldwide sangha, please email the [Ligmincha office](#) with a brief description about yourself and any relevant background. We will be sure to get back to you.

**Spanish and Portuguese Translations of VOCL****Link to October Issue in Spanish Now Available**

[Read VOCL in Spanish](#)

**Link to August Issue in Portuguese Now Available**

[Read VOCL in Portuguese](#)



## Upcoming Retreats

### Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, Ligmincha International headquarters located in Nelson County, Virginia. To register or for more information, click on the links below, [email us](#) or call 434-218-1290.

#### October 12–16, 2016

##### **Fall Retreat 2016: The Practice of Chöd from the Bon Mother Tantra**

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

#### October 17–20, 2016

##### **Fall Service Retreat**

Share with the sangha and receive a discount off the cost of registration for the Fall Retreat.

[Learn more](#)

#### December 27, 2016–January 1, 2017

##### **Winter Retreat: The Experiential Transmission of Zhang Zhung, Part 3: The Practice of the Path**

with Geshe Tenzin Wangyal Rinpoche

*Prerequisite: Previous completion of Part 2 of the Experiential Transmission of Zhang Zhung series.*

[Learn more/register](#)

#### January 2–3 or January 2–8, 2017

##### **Winter Practice Retreat**

with Geshe Tenzin Yangton

*Prerequisite: Students who have received Part 3 of the Experiential Transmission teachings or who have registered to attend Part 3 in December 2016 may attend.*

[Learn more/register](#)

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please [email the registrar](#), call 434-218-1290 or visit the [Serenity Ridge website](#).

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