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## Volume 18, Number 5 / October 2018



### Letter from the Editors

#### Being Creative – Creatively Being



Dear Friends,

We all love to be creative, to be open, to be inspired! Sometimes all it takes is a single line that you've read somewhere to open your eyes and heart. And haven't you ever felt changed by a book you've read? Books can be such wonderful doorways.

In Tenzin Wangyal Rinpoche's newest book, *Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities*, he offers ways for us to come home to the heart,

to find that space, to be free and as big as we can be, boundless! In this issue, we include an excerpt from Rinpoche's new book on how to transform one's pain identity into selflessness – a spaciousness of being from which we can live creatively and openly, and benefit others.

In addition to his new book, Rinpoche offers an online course on creativity, "Awakening the Sacred Arts: Discovering Your Creative Potential," through GlideWing beginning September 29.

Much more to share:

- Ligmincha International President Rob Patzig shares some of his experience and photographs from the ceremonies that just took place at Menri Monastery commemorating the 33rd Menri Trizin and the enthronement of the 34th Menri Trizin. Thank you, Rob!
- Read Rinpoche's poem honoring Chögyal Namkhai Norbu Rinpoche.
- Mark your calendar for Tenzin Wangyal Rinpoche's next live Facebook broadcast on October 3. Upcoming broadcasts on many new topics.
- There is still time to register for the Annual Fall Retreat at Serenity Ridge on "Powa: Transference of Consciousness," which begins October 16.
- Read Ligmincha International's Biannual Report for 2016–2017.
- See Rinpoche's worldwide teaching schedule for October through December.
- Learn a little about Ligmincha Costa Rica in an interview with Alejandro Chaoul-Reich. Rinpoche will be teaching there this December.
- Find out about Ligmincha Learning's two upcoming online courses: "Transforming Our Emotions with the Six Lokas" with Tenzin Rinpoche and "Sherap Chamma, Mother of Wisdom and Love" with Marcy Vaughn.
- Two Trul Khor (Tibetan Yoga) retreats will be held in November at Serenity Ridge: Part 1 open to everyone, plus Part 2 for more experienced students. Begins November 1 with Alejandro Chaoul-Reich.
- The 3 Doors offers "The Awakening Power of Breath" with Laura Shekerjian, and other news.
- Find the link for *Ligmincha Europe Magazine's* Spring issue, as well as the Spanish translation link for the August VOCL.

Finally, a big thank-you to all who donated in response to the request to support a special tea and gift for all those at Menri Monastery. At the request of Tenzin Wangyal Rinpoche, Ligmincha was able to offer tea,



*Sue Davis-Dill accepts gifts from His Holiness the 34th Menri Trizin on behalf of Ligmincha International.*

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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)

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sweet rice and a monetary gift of 1000 rupees (about \$15 U.S.) on September 6 to the 530 monks, nuns and students at Menri Monastery and the nearby nunnery. E MA HO!

In Bön,  
Aline and Jeff Fisher



## Experiencing Pain Identity as a Doorway to Selfless Being

### An Excerpt from *Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities* by Geshe Tenzin Wangyal Rinpoche



*Tenzin Wangyal Rinpoche presents his teacher, H.E. Yongdzin Tenzin Namdak Rinpoche, with his newest book.*

Bring to mind a situation in which you are trying to help someone. Perhaps you face challenges to your efforts, and you are feeling frustration, disappointment, anger, or hopelessness. Whatever you are experiencing, recognize it in this moment without criticizing or judging it. Simply be conscious of what is happening when your intention is to help another.

As you allow your experience to form in your imagination and you open to what comes to mind without judgment, turn your attention back to yourself and look more closely. Who is feeling challenged? Who is upset and angry? Who is tired or burdened? Who feels unacknowledged? Looking more deeply within yourself, you may discover fear or doubt or insecurity. When you face these challenges, it is

important to recognize the pain identity, the sense of self that is associated with feelings like fear, doubt, or anger.

If you are looking at a situation through the eyes of a pain identity, even if your intention is to help and to serve, your actions are unlikely to bring positive results. In order to be effective, you first have to acknowledge that identity of fear or pain—the ego. Then you can explore minimizing the ego. Loosening the grip of the ego, the pain identity, does not mean getting rid of yourself. It actually means finding yourself. The true self is like water: It adapts to the shape of the vessel, the situation. But when your sense of self is bound and rigid, it doesn't change shape easily, and conflict with others inevitably ensues.

How can you find that sense of self that is open and sees potential and possibility in any situation? When you recognize that you are stuck and are experiencing a pain identity, rest your attention directly on this stuck experience of yourself. Resting your attention is the key. This is not the kind of attention that is panicking and trying to get rid of something, or trying to improve something, or even trying to analyze something and figure it out. Resting attention is open attention. It means being fully present with your experience.

There is a natural feeling of warmth and generosity that comes with open attention. You can explore this by focusing directly on an experience of discomfort or confusion. Your focus is like a beam of light that illuminates the discomfort. If your mind starts to move into analyzing or judging, redirect your attention to simply being present with the discomfort. See it, feel it, be with it. Slowly, the object of your focus will change. Your discomfort may actually dissipate, because any painful sense of self needs to be maintained in order to exist. When you are fully present with your insecurity in the moment, it gradually becomes less substantial and releases. When this release happens, you glimpse openness. It is important to recognize and value this openness. You value it by resting your attention in the experience of openness. This is a glimpse of selflessness, a moment of discovering a sacred space within you where you are totally free.

While you may have experienced this space, it might not have been pointed out as significant. Or you might not have known how to maintain the experience, so it was not stable within you. When you are able to be present with your sense of self and your experience without analyzing or criticizing, any constricted sense of self releases, revealing a spaciousness of being that is not bound or confused. The unbounded spaciousness of being, even if experienced only momentarily, is sacred. From that unbounded sacred space, you come alive and can act in a beneficial way.

Once you recognize this sacred space, you are able to show up fully for yourself even when you feel the most uncertain or shaky. One glimpse of the sacred space gives rise to an entire path of living your life



Follow Tenzin Wangyal  
Rinpoche on



Search

from the creative and open source of your natural mind. You begin to see again and again that any sense of yourself as solid and fixed isn't accurate or true, and any attempt to find or make yourself solid or fixed is misguided and unnecessary. Not only is this realization a relief, it is a joyful experience. The recognition of selflessness is the dawn of wisdom.

The recognition of selflessness is a direct perception; the searching mind cannot discover it. According to the teachings, you cannot find it if you are searching for it because this wisdom is so close. If you are directly and nakedly aware in this very moment, no matter what is happening, you will discover the impermanent nature of both the problem and the problem maker—you. What emerges is the clear and open space of being that is sacred and pure and always has been.

(*Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities* by Tenzin Wangyal Rinpoche is published by [Hay House, Inc.](#) and is available through [Amazon.com](#) and other venues.)



## Five Extraordinary Days at Menri Monastery

### Commemoration of 33rd Menri Trizin and Enthronement of 34th Menri Trizin

*Rob Patzig, president and chair of the Ligmincha International Board, was among a group of Ligmincha participants at a week of special ceremonies and events at Menri Monastery. Here, he shares a summary of the activities. Photos by Salvador Espinosa and Rob Patzig.*



*Menri in the evening*

Bön practitioners from around the world gathered at Menri Monastery in Dolanji, India from September 3–7 for a week of special events commemorating the end of the mourning period for the passing of the 33rd Menri Trizin, Lungtok Tenpai Nyima Rinpoche, and the enthronement of the 34th Menri Trizin, Lungtok Dawa Dargyal Rinpoche.

About 700 guests, including a group from Ligmincha International, joined the more than 500 monks, nuns and children of Menri Monastery and Redna Menling Nunnery. Among the countries represented were India, Nepal, Tibet, the United States, Austria, France, Italy, Mexico, Russia, Ukraine, Switzerland, Poland and China. The Menri Trizin is the abbot of Menri Monastery and head of the Bön lineage.





*Chongtul Rinpoche and members of U.S. Bön centers, including Ligmincha International*

## Commemorating H.H. Lungtok Tenpai Nyima Rinpoche

The one-year anniversary of His Holiness the 33rd Menri Trizin, Lungtok Tenpai Nyima Rinpoche, dropping his body (on September 14, 2017), and the end of the official mourning period, was commemorated on September 3 and 4.



*Commemoration of 33rd Menri Trizin*

Events began with the consecration of a beautiful white marble stupa on the site where His Holiness' body had been cremated last year. Even though the entirety of Menri Monastery is a monument to the greatness of His Holiness' life and work, the stupa, which sits just to the left of the main temple, is a powerful reminder of his abiding presence in our lives. It also embodies the refounding of Bön outside of Tibet and Nepal.



*Stupa honoring H.H. the 33rd Menri Trizin*

Later the same day, a statue of His Holiness was welcomed to Redna Menling Nunnery, and the five objects (butter lamps, incense, water, food and flowers) were offered. In the evening hundreds, and

possibly thousands, of butter lamps were lit in the main courtyard of Menri Monastery. The five objects were offered again, with participants reciting His Holiness' prayer many times and circumambulating the temple and stupa.



*Monks at the commemoration*



*Gathering in the courtyard on the second day of commemoration*

The second day began with many prayers offered in front of a new thangka of H.H. the 33rd Menri Trizin. Offerings of body, speech and mind, as well as the eight auspicious symbols and the seven precious jewels, were made. At this time, dozens of books, banners and symbols of respect were offered by the various departments of Menri and by many Bön organizations. His Holiness was conferred a new title: "The great father who preserved the ancient treasures of Zhang Zhung and Tibet."

In the afternoon everyone visited the new museum dedicated to the life of His Holiness. A life-size and highly realistic statue of His Holiness was on display, along with many of his personal practice items and objects of his daily use. Finally, in the evening, another mandala offering was made in his honor, followed by musical offerings by the monks at the main temple, the Protector's temple, and His Holiness' private residence.



*Statue of H.H. Lungtok Tenpai Nyima Rinpoche in the museum*

### **Enthronement of H.H. Lungtok Dawa Dargyal Rinpoche**

Following a free day in which practitioners could visit the temples, practice, go to town and rest, two days celebrating the enthronement of His Holiness the 34th Menri Trizin, Lungtok Dawa Dargyal Rinpoche, took place. September 6 began with the raising of new prayer flags on Lhagyal Hill behind the



*H.H. Lungtok Dawa Dargyal Rinpoche during the enthronement*

monastery and a large sang chöd offering. Then the chief guests joined the monks in the main temple for the enthronement ceremony.



*Morning sang chöd ritual*



*Rob Patzig is among those making offerings*



The 34th

*Inside the main temple*

Menri Trizin took his seat on the Golden Throne, and mandala offerings for his long life began. Hundreds of objects—statues, stupas, sacred texts, the eight auspicious symbols, tormas and more—were offered to His Holiness. During the enthronement ceremony thunder could be heard resonating across the valley. The thunder was seen as auspicious! Immediately after the enthronement Ligmincha had the honor to join with a small number of other groups in offering tea to all the monks, nuns and children of Menri, a total of 530 people. Thanks to the generosity of our global sangha, we offered 1,000 rupees (\$15) to each monk, nun and child, along with the tea and sweet rice.



*Menri monks with drums and cymbals*



*Celebrating the 34th Menri Trizin*

In the afternoon H.H. the 34th Menri Trizin gave the empowerment of the wisdom deity Mawei Senge and made his first public address. There was a light rain during the empowerment that grew into a real rain shower. This, too, was auspicious as it was interpreted as a cleansing and refreshing in that moment for the future work of the 34th Menri Trizin. The evening saw all the guests gather in the playground of the Bön Children Welfare Center for an evening of musical and dance performances by many different groups.



Attendees from Ligmincha Poland



Tulku Jorge Rene at Menri



Smiles of celebration

final day saw more light rain in the morning and into the afternoon. Beginning just after breakfast many speeches were made, mostly in Tibetan, but some in English as well. The talks presented in English, one by Dr. Lobsang Sangay, the president of the Tibetan Government in Exile, and one by the 34th Menri Trizin Rinpoche were both profound and emotionally moving. Dr. Sangay spoke of the long history of persecution of Bön within Tibet, both by the Chinese but also by Tibetans from the main schools of Buddhism. He connected the work of the 33rd Menri Trizin with that of ancient Bön masters who also had to fight and struggle to preserve the texts and maintain the unbroken lineage of the Shenraps. He also pointed us toward a future in which, with the leadership of the 34th Menri Trizin, Bön would not only grow and expand in India and abroad, but also come back to the Tibetan people both in Tibet and in the diaspora.

The talks concluded with an address by the 34th Menri Trizin, Lungtok Dawa Dargyal Rinpoche. He is very plain spoken and matter-of-fact. In front of all of the monks and guests, he confessed the many ways in which he felt unsuited for the role to which he has been elected. But he also expressed confidence in the process of the election and promised that his every effort would be honest and diligent, and that he saw himself as a vehicle for carrying forward the mission and vision of the 33rd Menri Trizin.



Rob Patzig receiving blessings from His Holiness

It was clear through his speech and also by watching him throughout the week's ceremonies and events that H.H. the 34th Menri Trizin has all of the desired qualities to effectively lead Menri into a new era. He is humble, attentive, deeply experienced in administration, friendly to everyone, serious, intelligent and diligent. And many other skilled and capable monks surround His Holiness. He is not alone in serving the Bön community. All of us left Menri with a deep sense of respect for the new His Holiness, and a strong feeling that the future of Bön is in excellent hands.



## A New Poem by Tenzin Wangyal Rinpoche

### Honoring the Life of Chögyal Namkhai Norbu

Tenzin Wangyal Rinpoche says: I send my deepest condolences to the Namkhai family upon the passing from earthly existence of Chögyal Namkhai Norbu Rinpoche. I have always considered Rinpoche as my teacher and guide and as a source of personal inspiration and support, and have continually held him with devotion in the purest place of my heart.

Some days ago I composed a poem for Rinpoche and asked the Ligmincha sanghas to join me in praying for his long life. A revised version is attached here, which will be translated into other languages. I invite you all to join in this prayer with me.



*Namkhai Norbu Rinpoche*

ཚོས་ཀྱི་རྒྱལ་པོ་གསོལ་འདེབས་སྒྲོན་ལམ།

#### Prayer to the Dharmaraja

འགྲུ་མེད་དབྱིངས་ལས་གཡོས་མེད་ཚོས་ཀྱི་རྒྱལ།  
 དགོངས་རྟོགས་མཐའ་དང་བལ་བ་ནམ་མཁའ་རྫོང་།  
 །འཕྱིན་ལས་ཐོགས་པ་མེད་པའི་ཚོར་བའི་འོད།  
 །དུས་མཐའ་ཐུན་པ་སེལ་བའི་རིན་པོ་ཆེ།

Unwavering Dharma King, from the unchanging space of your knowledge and realizations beyond limit, in the expanse of the sky (Namkhai),  
 Your enlightened activities are the constant shining Jewel (Norbu)  
 Banishing darkness for all times, O Precious One (Rinpoche).

འཁོར་བའི་ནད་གདོན་འཛོམས་པའི་བདུད་ཚིག་སྒྲོན།  
 མར་པའི་ལམ་གྱི་བར་ཚད་རྒྱུག་པའི་གྲོགས།  
 མ་རིག་སྒྲུག་རྩམ་གཞིལ་བའི་ཡེ་ཤེས་འོད།  
 གསོལ་བ་འདེབས་སོ་མཁྱེན་བརྩོའི་ལྷགས་རྗེས་བྱངས།

You are the medicine which eliminates disease and obstructions,  
 You are the friend who clears away obstacles to freedom.  
 You are wisdom's light, removing the darkness of ignorance.  
 Please hold us in your enlightened state of wisdom, love, and compassion.

མི་མཐུན་རྐྱེན་ལས་སྦྱོལ་བའི་སྟོབས་ལྡན་པ།  
 ལུས་སོག་རྒྱས་པ་གསོ་བའི་བྱམས་ལྡན་མ།  
 ཉམས་རྟོགས་བྱགས་འདོན་བསྐྱེད་པའི་དགེ་བའི་སྤྱན།  
 གསོལ་བ་འདེབས་སོ་མཁྱེན་བརྩོའི་ལྷགས་རྗེས་བྱངས།

You are the powerful father who frees us from negative circumstances,  
 You are the kind mother who nourishes our body and life force.  
 You are the Dharma brother who supports and increases our insights and realizations.  
 Please hold us in your Enlightened State of wisdom, love, and compassion.

རྟོག་ཏུ་ཉམས་མེད་སྤྱིང་གི་ལྗེས་རའི་དབྱུག་།  
 བཅོས་མེན་དད་པའི་མ་རྟོག་དཀར་པོ་འདི།  
 བརྩེ་ཆེན་རྒྱ་ཡིས་གསོས་ཏེ་བྱེད་ལ་འབྱུག།  
 གསོལ་བ་འདེབས་སོ་མཁྱེན་བརྩོའི་ལྷགས་རྗེས་བྱངས།

In the unblemished garden of our heart center,  
 This white flower of genuine devotion  
 Is sustained by the water of great love; this I offer to you,  
 Please hold us in your enlightened state of wisdom, love, and compassion.

གདག་གཡོ་བ་མེད་པའི་རྫོད་དབྱིངས་ན།  
 ལྷན་གྲུབ་འགག་པ་མེད་པའི་ཡེ་ཤེས་རྒྱས།  
 འོད་གསལ་ཚྭ་གསལ་པ་ཚེན་པོའི་གདམས་པ་སྟེ།  
 གསོལ་བ་འདེབས་སོ་མཁུན་བཞིའི་ལྷགས་ཚེས་བྱངས།

In the space and expanse of unwavering primal purity  
 The spontaneous presence of continuous wisdom increases  
 And there you spread the message of clear light Dzogpa Chenpo,  
 Please hold us in your enlightened state of wisdom, love, and compassion.

ཅེས་དུས་མཐའི་ཚྭ་གསལ་ཚེན་པོའི་འབྲུང་པ་ཚོས་རྒྱལ་ན་མ་ལའདི་ཚོར་སྤྱོད་པོ་ཚེད་སྐྱ་གསུང་ལྷགས་ཀྱི་མཛད་འབྲིན་མཐའ་ཅུ་ཕྱིན་པའི་དྲི་མེད་གསོལ་བ་འདེབས་སྟོན་ལམ་འདི་ཉིད་རིན་པོ་ཆེ་མཚོགས་སྐྱ་ཞི་དབྱིངས་སུ་གཤེགས་པར་ཐོས་མ་ཐག་ཏུ་ཚོགས་རྒྱུ་བཞི་པ་དེ་“སྐྱོད་ནས་གསོལ་བ་འདེབས་སོ་ལྷགས་ཚེས་བྱངས་” ཞེས་པར་ཁ་རྒྱུར་ཉེ་ཞབས་འདེབས་བསྟན་འཛིན་དབང་རྒྱལ་གྱིས་རྒྱ་གར་རྒྱལ་སྤེལ་(2017/11/24)ནས་གསོལ་བ་ལུང་ཚྭ་གསལ་སུ་བཏབ་པའོ།

In these end times, the Enlightened Body, Speech, and Mind of the Dzogchen Yogi Dharmaraja Namkhai Norbu Rinpoche has fulfilled his Dharma Activities, and now that we have heard that his Sublime Form has entered into the Dimension of Peace, the fourth line of each shloka I have now changed to, “Please hold us in your enlightened state of wisdom, love, and compassion.” I, Tenzin Wangyal, humbly composed this sincere prayer in New Delhi, India on September 28, 2018.

(translated by Steven Goodman)



## GlideWing Creative Potential Course Starts September 29

### With Tenzin Wangyal Rinpoche



The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “Awakening the Sacred Arts: Discovering Your Creative Potential,” will be held September 29–October 28, 2018. This four-week online workshop 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. Personal support and guidance is provided by Rinpoche.

The Tibetan spiritual traditions tell us that unleashing our dynamic creative energy is a matter of recognizing and tapping into the wellspring of creativity that already exists within us. In this four-week workshop, students will explore how to recognize and clear physical, energetic and mental obstacles, connect with and trust their innate creative potential, and discover the inner strength and confidence that can allow their creativity to naturally blossom.

Workshop participants will be encouraged to devote daily time to meditation practice and pursuing their personal creative process. An online creative sharing forum will be available for participants who wish to share the fruit of their creative practice.

Rinpoche's newest book, *Spontaneous Creativity: Meditations for Manifesting Your Postiive Qualities*, was published in July. It is available through [Amazon.com](https://www.amazon.com) and other venues.

[Learn more/register](#)

Starting in November: "[Tibetan Dream Yoga](#)" with Tenzin Wangyal Rinpoche, November 17–December 16, 2018.



## Four New Facebook Live Broadcasts Set

### Next Broadcast is October 3



Geshe Tenzin Wangyal Rinpoche will offer four new live Facebook broadcasts in October through December. You can view upcoming teachings on [Rinpoche's Facebook page](#).

These teachings are part of Rinpoche's ongoing series of Pith Instructions. **Real-time translation** is available in multiple languages.

TWR Facebook teachings have been set for the following dates:

- **October 3, 2018, 9 a.m. New York time:** "When Things Change: Releasing the Pain of Grasping"
- **November 21, 2018, 1 p.m. New York time:** "Letting Go of Guilt: Freeing Yourself from the Cycle of Self-Punishment"

- **December 5, 2018, 1 p.m. New York time:** "How to Use Meditation Practice to Help Others"
- **December 12, 2018, 1 p.m. New York time:** "Above the Ego: Honoring the Dimension of the Sacred"

You can view past broadcasts in the [2018 Video Archives](#) on the [Ligmincha Learning](#) website.

[Learn more](#)

[Watch live](#)

A recording of the September 6 Facebook discussion hosted by Tenzin Wangyal Rinpoche with esteemed teachers from six spiritual traditions of Tibet on the profound teachings of the Five Wisdoms, each according to their own tradition's unique perspective, is available. The September 6 conversation took place in Tibetan, with simultaneous translation provided in English. For the best experience in English, view the video recording on your computer with the sound turned down, while listening to the audio translation on a separate tab.

[View video recording](#)

[Listen to audio translation](#)

[More information about conversation and presenters](#)



## Annual Fall Retreat Starts Soon at Serenity Ridge

### 'Powa: The Transference of Consciousness': October 16–21



There is still time to register for the October 16–21 Fall Retreat with Tenzin Wangyal Rinpoche on "Powa: The Transference of Consciousness." The powa teachings, from the Bön Mother Tantra, or Ma Gyü, are known to be particularly detailed, powerful, and in-depth.

For a dedicated practitioner on the spiritual path, nearly any moment of transition provides a potent opportunity for positive transformation, and never more so than at the moment of death.

Join us this fall to engage in the powa practice of the Bön tradition of Tibet, which prepares one to transfer one's consciousness directly into a pure realm at the time of death.

In these teachings, students learn how to accept death as a natural and expected process; how to adopt the right attitude in preparation for death; and how to perform the powa practice at the time of death. The powa training prepares the practitioner to transfer consciousness through the crown of the head at the time of death. This transfer of consciousness increases one's chances for liberation in a single lifetime.

Both beginners and those experienced in meditation are warmly welcomed.

[Learn more/register](#)



*Double rainbow over Kunzang Khang.  
Photo by Maria Quintana*



## Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

### Upcoming Teachings for October–December 2018

Rinpoche's 2018 teaching schedule by date and location is available on the [Ligmincha International website](#) under the top menu Programs heading.

The schedule includes Rinpoche's in-person teachings at Ligmincha International retreat centers or other locations throughout the world. It also includes his online teachings offered through Ligmincha Learning and GlideWing.

Here is a list of Rinpoche's retreats and presentations in six countries during the months of October through December. The online schedule will be updated as teachings are added or revised.

- **October 16–21: Shipman, VA:** Serenity Ridge Fall Retreat, [Powa: Transfer of Consciousness](#)
- **October 25–26: San Jose, CA:** [Science & Non-duality \(SAND\) Conference](#), The Science and Mystery of Being Human

- **November 1: Berkeley, CA: Sacred Stream Center:** Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities
- **November 2–4: Berkeley, CA: The Practices of the Seven Mirrors of Dzogchen**
- **November 9–11: Crestone, CO: Seven Mirrors of Dzogchen, Part 3**
- **November 16–18: Chamma Ling Torreon, Mexico: The Knowledge and Wisdom of Longevity**
- **November 30–December 2: Recife, Brazil: True Source of Healing**
- **December 14–16: San Jose, Costa Rica: El Yoga de los Sueños Y del Dormir/Sleep and Dream Yoga** (in English with Spanish translation)
- **December 27, 2018–Jan., 1, 2019: Serenity Ridge Retreat Center, Nelson County, Virginia:** Winter Retreat, [The Experiential Transmission of Zhang Zhung, Part 5](#)

[Schedule by date](#)

[Schedule by location](#)



## Ligmincha International's Biannual Report for 2016–2017

### What's Been Happening with the Organization

Ligmincha International's Biannual Report for 2016–2017 was recently released. It is not only about finances! The report begins with a beautiful photograph of His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin, who passed away September 14, 2017. It also contains a lot about what has been happening during the past two years. The report includes a letter from Ligmincha President Rob Patzig; information about Ligmincha's founder, Geshe Tenzin Wangyal Rinpoche, and his new book; reflections from two sangha members; an update on technology; and more.

[Read Ligmincha's 2016–2017 Biannual Report](#)



## Ligmincha Learning's 'Transforming Our Emotions Through the Six Lokas'

### October 26–December 15 with Tenzin Wangyal Rinpoche



*Shenlha Okar – Essential  
Buddha of the Six Lokas  
Practices*

Register 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 26–December 15, 2018. The course includes videos of original teachings and guided meditations led by Rinpoche, meditation assignments with both formal and informal practices, journaling and reading assignments, and an online discussion group led by John Jackson.

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 Lokas 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, 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](#)

Coming in November: "[Sherap Chamma, Mother of Wisdom and Love](#)" with Marcy Vaughn, November 16–December 15, 2018



## Two Tibetan Yoga Retreats in November at Serenity Ridge

### Part 1 Open to All; Part 2 for Previous Participants

Two Tibetan Yoga (trul khor) retreats will be offered at Serenity Ridge in November. The retreats will be held concurrently, with Part 1 set for November 1–4 and Part 2 held November 2–4. Similar to last year,



they will be taught by Alejandro Chaoul-Reich, Ph.D, a senior student of Tenzin Wangyal Rinpoche who has been teaching these retreats for more than 20 years. He will be assisted by Rob Patzig, president and board chair of Ligmincha International, an experienced yoga teacher and trul khor practitioner.

[Learn more/register for Tibetan Yoga for Health & Well-Being, Part 1](#)



[Learn more/register for A-Tri Trul Khor, Part 2](#)

You can learn more about Tibetan Yoga in Ale's new book, *Tibetan Yoga for Health & Well-Being*, available through [Amazon.com](#) and other venues.



## Ligmincha Costa Rica

### A Growing Sangha Looks Forward to Rinpoche's December Visit



This December 14–16, Tenzin Wangyal Rinpoche will be teaching in San Jose, Costa Rica on "Sleep and Dream Yoga" in English with Spanish translation. All are welcome to attend! This will be Rinpoche's second time teaching there, with Alejandro Chaoul-Reich translating.



Ale has been to Costa Rica many times, not only as a translator and a teacher himself, but also as a son-in-law! His wife, Erika, is from Costa Rica, so they have visited there often to see family. VOCL talked with Ale about his connection to this enthusiastic sangha and their beautiful country:



*Ale and Tenzin Wangyal Rinpoche at Serenity Ridge during Ligmincha's 25th anniversary.*

**VOCL:** Can you tell us a little about your connection to Costa Rica and how you came to teach there?

**Ale:** My initial connection to Costa Rica is through Erika, my wife, who is a "Tica" (meaning someone from Costa Rica). In December 2008 we went to spend the holidays with Erika's family and met Oscar Jimenez, who was very enthusiastic about bringing teachings there from the Bön tradition. I spoke to Rinpoche, and he suggested that I do a teaching and see how the group develops, and then he could come later as well. So, my first time teaching there was in 2009. Since then I have gone almost every year. We also had Rinpoche teach once in 2011. Everyone is so much looking forward to having him there again this year, and I will be translating again into Spanish for him.

**VOCL:** How would you describe your experience teaching and being with the Costa Rican sangha?

**Ale:** It is a very warm and joyful sangha, and sometimes a little informal, too! They are really committed to practice and are a very welcoming community. We have had people from Mexico and Guatemala coming to the teachings, and the sangha members are always ready to help.

**VOCL:** Have you explored and enjoyed that beautiful countryside? Is it a support for practice?

**Ale:** Yes, it is a beautiful country! And even San Jose, the capital, is so lush. I love sitting in the garden of my mother-in-law's house, meditating and practicing trul khor surrounded by the deep greenery and sounds of the river and birds.

With Rinpoche's upcoming visit I think it is a great opportunity to be with Rinpoche in this setting, and maybe while you're there, take the opportunity to explore Costa Rica, particularly if you like nature. It not only has beautiful beaches, but also volcanoes (some active), and rainforests with myriad animals and birds. In many of my conversations with H.E. Yongdzin Tenzin Namdak Rinpoche, the topic of Costa Rica comes up, since he is a bird lover!

**VOCL:** And lastly, Ale, what do you most enjoy about teaching?

**Ale:** I enjoy being with people, sharing what my teachers taught me and allowed me to teach, and to contribute to the learning and spiritual growth of individuals and the community. I enjoy spending time in the teaching role, but I also enjoy spending informal time at meals, walks, visits and talking about different aspects of life.

I look forward to translating for Rinpoche when he returns to Costa Rica this December 14–16. And then the weekend after, December 22–23, I will be teaching some trul khor there, too.

Learn more about the December retreat:

[Email for Information](#)  
[Facebook Event](#)

Learn more about Ligmincha Costa Rica:

- In a previous issue of *Ligmincha Europe Magazine*, Ton Bisscheroux interviewed sangha members Oscar Jiménez and his son Jeal Jiménez as a way to introduce the Costa Rica sangha. [Read that interview here.](#)
- [Watch a beautiful video](#) made for the 25th Anniversary of Ligmincha International composed of music and photographs of teachers of the Yungdrung Bön tradition on their visits to Costa Rica.
- For more information visit [Ligmincha Costa Rica Facebook](#).
- Contact Ligmincha Costa Rica by [email](#).



## The 3 Doors

### ‘The Awakening Power of Breath’ in October and Other News

The 3 Doors is introducing a new interactive online course by 3 Doors senior teacher Laura Shekerjian, “The Awakening Power of Breath.” This four-week course (Saturdays, October 6, 13, 20 and 27) is designed to increase subtle awareness of breath to support the shifting and deepening of one’s experience.

[Learn more](#)

The 3 Doors has four two and one-half-year Academies and three shorter programs under way at this time. The Latin American Academy is graduating on September 27, 2018 – congratulations! Please check the website more 3 Doors programming coming in 2019.

[Visit the website](#)



### View *Ligmincha Europe Magazine's* Latest Issue

#### Featuring Worldwide Sangha News

[Download the magazine as a PDF here.](#)

[Read it on your screen here.](#)



### Spanish Translation of VOCL

#### Link to August Issue Now Available

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

[Read VOCL in Spanish](#)



### Upcoming Retreats

#### Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, Ligmincha International headquarters located in rural Nelson County, Virginia. To register or for more information, click on the links below, [email us](#) or call 434-263-6304.

**October 16–21, 2018**

**Fall Retreat: Powa: The Transference of Consciousness**

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

**November 1–4, 2018**

**Trul Khor: Tibetan Yoga for Health & Well-Being, Part 1**

with Alejandro Chaoul-Reich

[Learn more/register](#)

**November 2–4, 2018**

**A-Tri Trul Khor: Part 2**

with Alejandro Chaoul-Reich

[Learn more/register](#)

**December 26, 2018–January 1, 2019**

**Winter Retreat: The Experiential Transmission of Zhang Zhung, Part 5**

with Geshe Tenzin Wangyal Rinpoche

*Prerequisite: Previous completion of Parts 1, 2, 3 and 4 of the Experiential Transmission of Zhang Zhung series.*

[Learn more](#)

To register for any of the above retreats, or for more information about teachings in the Bön Buddhist tradition of Tibet, please [email the registrar](#), call 434-263-6304 or visit the [Serenity Ridge website](#).

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