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Volume 21, Number 5/ October 2021



Letter from the Editors

The Sky Is the Limit

Dear Friends,

This VOCL is coming to you a bit early this month because of several of our team member's schedules, and we really couldn't do it without them! With less time and lots on our plates, I asked Jeff, the one who finds all of the beautiful excerpts of Tenzin Wangyal Rinpoche's teachings, about the topic of this issue's teaching, and he responded, "Anything is possible!" I thought he meant that he was still culling the audio files of Rinpoche and hadn't chosen an excerpt yet. BUT instead, he was actually summarizing in just a few words the theme of Rinpoche's teaching for this issue:

anything is possible! You are going to love this one. May it inspire you to surprise yourself in going beyond your habitual limitations and imagined boundaries!



Lots more to share in this issue:

- Rinpoche will teach a new cycle of A-Tri Dzogchen retreats, beginning online this September 24-26, hosted by Chamma Ling Colorado. This year's Annual Fall Retreat, hosted by Serenity Ridge, is on "Living in Joy, Dying in Peace" and will be held online October 13-17.
- Don't miss this October 23-24 FREE online Serenity Ridge Dialogues Summit with Tenzin Wangyal Rinpoche and many special guests, including B. Alan Wallace and co-hosted by Wisdom Publications and the UVA Contemplative Sciences Center. Details below.
- The 3 Doors North American Academy starting in October (space still available) will have its first meeting on Zoom, rather than in person at Serenity Ridge, followed by in-person retreats in the future. As of now, Rinpoche's winter retreat is planned to be both in person at Serenity Ridge, and online.
- Ligmincha's Biennial Report for 2019 and 2020 is now available on the Ligmincha website.
- A new September 14 CyberSangha broadcast with TWR and guest speakers focuses on "The Breath Within: How Breath Practices Awaken the Spirit and What Science Says about the Benefits." The next Full Moon practice is on September 20.
- Many, many thanks to Shelly Hanson, managing director at Serenity Ridge for the past five years, who stepped down in August to focus on her personal practice. We welcome Gram Slaton to Ligmincha as operations manager, and we hope that we can all meet him in person at Serenity Ridge before too long!
- See Rinpoche's retreat schedule for September through December.
- Ton Bisscheroux Reports on Europe's Summer retreat "Who Am I?" and how the practice helped in his personal transformation.
- The 3 Doors announces a new Compassion Project to start this October that will be offered in several more languages; see all the details below.
- Several Ligmincha Learning and GlideWing workshops are offered in September and October.
- As always, you can find the link for the Spanish translation of the last VOCL from August.

In Bon,
Aline and Jeff Fisher

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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](https://www.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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One's Beautiful Mind Beyond All Conditions

An Edited Excerpt from Oral Teachings Given by Tenzin Wangyal Rinpoche, Summer 2021



There's a difference between what we know and what we experience, isn't there? What I *know* is that there is no limit to what I can experience. But what I *experience* is of course limited. So rather than place our focus so much on what we know, better instead to place more focus on what one's experience is. I have definitely witnessed in my own life many, many situations of breaking through the limits of my experience; of breaking those boundaries by not running away from them, but rather acknowledging and respecting and going closer to them.

That's exactly what we are encouraging here. It's wonderful how many fantastic, beautiful instances people have shared here of the particular breakthroughs they've had in their own experience in this retreat. The only reason they are having those breakthroughs is that they are going closer to a limitation and recognizing it and letting it go. And each time that happens, they experience something more than they have ever experienced before. It might be small, but still that *little something more* matters.

It doesn't matter how many times somebody says something, or even does something to you. If deep inside, you do care, you genuinely care, then the particular conditions don't matter. They don't matter. Many of you have been sharing your experiences of transformations that before this retreat you thought were impossible. And now you realize that you can do anything. You can love anyone, in any conditions.

There is something that I have been sharing over the last few years that I want to highlight a little bit more, here in this moment. As we are all getting older, we are seeing a lot of grumpy people. It's as if someone has stolen away their smile. As if someone has told them that they are not allowed to speak. As if someone has told them, *you are not allowed to laugh again, and if you do, then each laugh will cost you a thousand dollars*. It seems like a lot of people, as they get older and older, are becoming like that. You don't want to become like that. You want to grow older more gracefully. Sure, there are some things maybe that you cannot do because of conditions, absolutely. Maybe now you cannot run, you cannot hike as much, you cannot bike as much, you cannot play sports as much. Sure. That's why you should do those things while you can and not wait until you aren't able to anymore.

However, there are certain things that are beyond one's physical conditions. It's about your mind, your beautiful mind. There's no limit to what it can do. How much it can love, who it can love, and in what condition it can love; how much it can give, and to whom it can give. And there's no limit to how much you can feel peace; you can feel peace under any conditions. You are always finding excuses, always having an excuse not to feel peace, right? There are no conditions needed to feel peace. And this is what we are trying to discover here; this is what we are trying to grow into. Then as you get older, you're happy, joyful, playful, more playful even than younger people, more funny than younger people, laughing more than younger people, more graceful than younger people. And that's what the younger people need from us. Because many of the younger people are already miserable.

Whenever you fully open, then others open. Sometimes you might not even believe that they have opened, but they are open. When you open, then a part of them opens even though they may not be conscious of it. When you can open more, then they, too, begin to feel it more. And when you really fully open, then they have no other real choice than to open.



Every day you can experience this. Simply go outside in the morning, and from your deep heart, your open heart, just say, *Hi! Good morning, how are you?* [smiles] And watch how people respond back to you from that place. For some people it may take some time for them to open up in response to you, but a delay is all right. Others might not express back to you that same big smile, yet they are smiling in their own way, one that maybe you can't see. But still, they're smiling in response. And in their own capacity, at their own level, they have shaken something, they have moved something in themselves because of you. Every day we have this

opportunity to change the little circumstances that we are in, and take action. You can take the opportunity to do so in every moment.

We have been saying for the last week, and continuously throughout all the teaching: everything that you are believing as your limitation and condition, you can break it, you can go beyond it; you can do anything. The refuge is there for your support, and this community, this sacred cybersangha, is there as



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a support. You trust yourself, and then everything's possible. The joy is there, the love is there, the compassion, everything is there all the time, it's just a matter of accessing it. That's what it is. Truly.



New A-Tri Dzogchen Retreat Cycle with Tenzin Wangyal Rinpoche

Starts September 24-26 on Zoom



A new A-Tri Dzogchen retreat, the first of a three-part cycle with Tenzin Wangyal Rinpoche, will be hosted by Chamma Ling Colorado online September 24-26.

Everyone is invited to attend this three-day live online retreat with simultaneous live translation offered in German, Portuguese, Spanish and Russian.

The A-Tri teachings present simple, clear, and direct instructions for integrating spiritual practice through the three doors of body, speech and mind. Unique to

the A-Tri Dzogchen teachings is a beautifully articulated step-by-step program, taking the practitioner from ordinary to awakened mind, the natural state, one of primordial purity and spontaneous presence.

In this year's retreat, Rinpoche will focus on practices to purify and awaken awareness of the nature of mind through the body. In year two the emphasis will be on speech, and the third year will emphasize the mind itself as a vehicle for recognition.

[Learn more/register](#)

[Learn more about Chamma Ling](#), near Crestone Colorado, where retreat cabins are available for practitioners of all spiritual traditions and are ideal for a personal retreat.



Ligmincha's Annual Fall Retreat on Zoom this Year

'Living in Joy, Dying in Peace' October 13-17

What if you were told you had one year to live? How would that change your perspective on life, on yourself, on your priorities?

Join Tenzin Wangyal Rinpoche at Ligmincha's Annual Fall Retreat on "Living in Joy, Dying in Peace" hosted by Serenity Ridge Retreat Center, as he invites us to reflect on impermanence, our sense of identity and our hidden attachments. As we explore and deepen our personal relationship to impermanence and death, we can discover the key to living joyfully.

At the moment of death, we let go of everything, including our possessions, our loved ones, our body, our identity. Resistance to letting go at this moment, or at any moment of change in life, leads to suffering. As we accept the truth of impermanence, we can open to each moment as it is. We can experience awakening. We do not have to wait until our last moment to awaken. We can awaken here, now.

Through teachings and guided meditations, Rinpoche will help us to realize the importance of resolving conflicts now, recognize death as a doorway to opening the heart and achieving self-realization, and cultivate an intimate connection with an internal source of refuge that serves us as other supports fall away. We can explore our individual relationship to death as well as learn how to assist a dying loved one through prayers and mantra.

Live simultaneous translation will be available in Spanish, Portuguese and other languages.

[Learn more/register](#)



Serenity Ridge Dialogues: Body, Breath & Mind

Free Online Summit with Rinpoche and Guests October 22-24



Join Tenzin Wangyal Rinpoche and guests in a free, unique opportunity to explore the frontiers of science and spirituality. "Serenity Ridge Dialogues: Body, Breath & Mind" will be held online via Zoom October 22-24, 2021.

When we bring our attention to our body, our breath and our mind, what happens and why? How does our relationship to sensations, thoughts and perceptions change through meditation and other energetic practices? Can science and medicine inform how we engage with these ancient traditions? At the Serenity Ridge Dialogues online summit, you will

explore these important questions and much more.

Tenzin Wangyal Rinpoche will be joined by Dr. B. Alan Wallace, author and expert on Tibetan Buddhism, and leading scientists, physicians and practitioners for this free, live online summit. The summit opens October 22 with Tenzin Wangyal Rinpoche and B. Alan Wallace in a dialogue moderated by Daniel Aitken, CEO/Publisher of Wisdom Publications. They will share their views on the convergence of science and Buddhism and how it can inform spiritual practice.

Sessions on October 23 and 24 will bring leading-edge presenters into multidisciplinary conversations with peers. Guided practices of body, breath and mind will be held between each dialogue, and Tibetan yoga morning practice will be offered. The event also includes informal opportunities for discussion and conversation. This program is co-sponsored by Wisdom Publications and the UVA Contemplative Sciences Center.

[Learn more/register](#)



In-Person Fall Retreats Postponed at Serenity Ridge

New 3 Doors Academy Begins October 7 Online Via Zoom

Several 3 Doors in-person retreats previously scheduled at Serenity Ridge Retreat Center this fall have been postponed until next April due to the continuing Covid-19 pandemic. The new 6th North American Academy, however, will begin online via Zoom October 7-12, 2021.



At this point, Serenity Ridge is expected to open in December for Tenzin Wangyal Rinpoche's winter retreat, "The Experiential Transmission of Zhang Zhung, Part 2." Rinpoche's fall retreat sponsored by Serenity Ridge, "Living in Joy, Dying in Peace," will be held online via Zoom October 13-17.

Registration is still open for the new 3 Doors 6th North American Academy. The intensive two-and-a-half-year program, taught by senior teachers Marcy Vaughn and Gabriel Rocco, includes six group retreats. Although the first retreat will be held online via Zoom, future retreats are expected to be held at Serenity Ridge beginning in April 2021.

The 3 Doors Academy offers participants an opportunity to engage deeply in meditation and the process of self-discovery through exploring practices of body, speech and mind. Between the six-day retreats, online practice and mentoring sessions are held, along with individual work.

The 3 Doors was founded by Tibetan teacher and meditation master Geshe Tenzin Wangyal Rinpoche more than 10 years ago. The international organization offers meditation programs with practical applications for everyday life.

[Learn more/register](#)

[Read interview with Marcy Vaughn in August VOCL](#)



New 2019 and 2020 Biennial Report Published

Learn About Ligmincha Activities and Plans for Future

Check out Ligmincha's 2019 and 2020 Biennial Report, recently posted on the Ligmincha website. The report shares highlights of what has been happening with Ligmincha International and Serenity Ridge, Ligmincha's headquarters in Virginia, US, during these two years, along with plans for the future.



Ligmincha International

2019 & 2020 Biennial Report



Rinpoche's Greetings

As you read this report, I hope that you are well. I added my warmth and love to it all.



The report includes highlights of His Holiness the 34th Menri Trizin, Lungtok Dawa Dhargyal Rinpoche's tour of Europe, the United States and Mexico in 2019, and the 2019 tour of the first Sa Le O Musical Healing and Meditation Concert in the US and Mexico.

The year 2020, with the global pandemic caused by Covid-19, caused the closure of Serenity Ridge and other Ligmincha worldwide centers and brought about a new way of teaching, with Geshe Tenzin Wangyal Rinpoche offering retreats and teachings on Zoom throughout the

year and other Ligmincha groups meeting online.

The report also offers reflections from five of Rinpoche's students from around the world, financial highlights of 2019 and 2020, and plans for reopening retreat centers while remaining online as well.

[Read the 2019-2020 Biennial Report](#)



CyberSangha
Tenzin Wangyal Rinpoche

Free CyberSangha Broadcasts with Tenzin Rinpoche, Others

'A Year of Body, Speech and Mind' Continues

In the Tibetan tradition, body, speech and mind are known as the three doors to enlightenment, for they are the only tools we have for progressing on the spiritual path. Through these doors we either exit and become separated from our true nature, or we enter into the fullness of being, realizing and manifesting our capacities in this life for the benefit of others.

In January 2021, Tenzin Wangyal Rinpoche launched a yearlong online program related to these three doors. To access all recordings to date and updates about the next live offerings, [click here](#). Every offering is free and open to all. Except for the 24-hour full moon practices, no advance registration is required. Simply view on the [Facebook page of Tenzin Wangyal Rinpoche](#) or at [cybersangha.net](#) via the links below.



CyberSangha
Tenzin Wangyal Rinpoche

Next on the schedule:

MONTH OF SPEECH (August 20-September 15)

September 14, 11 a.m. New York time: Science & Spirituality Dialogue, "The Breath Within: How Breath Practices Awaken the Spirit and What Science Says about the Benefits"

[Learn more and view live](#)

MONTH OF THE MIND (September 16-October 18)

Thursday, September 16, 11 a.m. New York time: "The Power of Being," a guided meditation with Tenzin Wangyal Rinpoche

[Learn more and view live](#)

Monday, September 20, 10 a.m. New York time: 24-Hour Full Moon Practice, "Finding Peace Through Spaciousness of the Mind"

[Learn more and register now](#)

MONTH OF THE BODY (October 19-November 16)

Tuesday, October 19, 11 a.m. New York time: "Stillness as a Door to Your Inner Refuge: Entering the Dharmakaya," a teaching and guided meditation with Tenzin Wangyal Rinpoche

[Learn more and view live](#)

Wednesday, October 20, 10 a.m. New York time: 24-Hour Full Moon Practice, "Finding Peace Through Stillness of the Body"

Registration opens after September 20

Note: In the United States, Daylight Saving Time ends on Sunday, November 7, 2021, so be sure to take this one-hour difference into account when determining the time conversion for scheduled events.

MONTH OF SPEECH (November 17-December 16)

Wednesday, November 17, 11 a.m. New York time: "Silence as a Door to Your Inner Refuge: Entering the Sambhogakaya," a teaching and guided meditation with Tenzin Wangyal Rinpoche

[Learn more and view live](#)

Thursday, November 18, 10 a.m. New York time: 24-Hour Full Moon Practice, "Finding Peace Through Silence of Speech"

Registration opens after October 20



With Gratitude to Shelly Hanson

And a Warm Welcome to Gram Slaton



Shelly Hanson with His Holiness the 34th Menri Trizin

It is hard to believe that a little over five years ago, Shelly Hanson began volunteering in the office at Serenity Ridge one day a week, only to become an invaluable part of the Ligmincha organization in the following few years! She took on more and more responsibilities to meet the many needs and demands of a large retreat center, finally becoming Serenity Ridge's managing director, all with amazing ability and kindness. In August she passed the baton, and we will all miss her.

It started one day in 2015, when Shelly arrived for one of Serenity Ridge's weekly meditation practices. Several visits later, she mentioned that she would be happy to help out if help was needed. As many of you know, in the life of a retreat center, help is always needed and very welcomed! Shelly began helping out in the office one day a week, and in 2019 became Serenity Ridge's managing director.

We have been graced with Shelly's presence for these last few years, through the exciting visit of His Holiness the 34th Menri Trizin, Lungtok Dawa Dhargyal Rinpoche, Tenzin Wangyal Rinpoche's many retreats and these challenging times of the pandemic. Many of you have gotten to know Shelly's warmth and openness, and her desire to share her past business experience to better streamline Serenity Ridge's operations. Shelly has expressed the wish to spend more time in personal practice, and this August she stepped down from her position.

"Operations manager" is the new title for this position, and we are happy to announce a new operations manager for Serenity Ridge Retreat Center: Gram Slaton. Before Shelly left her position, she was able to help greatly in the transition by sharing with Gram many of the details of the running of Serenity Ridge, including a list of the projects under way to get it up and running again, since the pandemic began more than a year and half ago.



Gram comes to us with a quarter-century of experience managing performing arts centers. He brings a wealth of relevant experience, from program planning and hosting to renovation of complex historical structures. We have often seen that the right people show up at the right time, and we certainly feel this with Gram. He is working now to prepare Serenity Ridge to welcome you when it reopens. Welcome, Gram, to our Serenity Ridge team!



Tenzin Wangyal Rinpoche's Retreat Schedule

September Through December

Geshe Tenzin Wangyal Rinpoche's teaching schedule continues to expand and adapt to these changing times. Here are the dates for his upcoming retreats for September through December.

You can find the latest listings and any changes in the [Events section](#) of the [Ligmincha website](#). Please register for these retreats through the specific Events box on the Ligmincha website.

All retreats will be held online via Zoom. The September 17-19 retreat in the Netherlands and the winter retreat at Serenity Ridge also will be held in person.

- **September 17-19, 2021:** Ligmincha Netherlands: **Spontaneous Creativity**. (in person and online) There is now a translation into Dutch of Rinpoche's book *Spontaneous Creativity* that was published a few years ago. In this



retreat, Rinpoche offers accessible methods that help us express our natural positive qualities. Translated from English into Dutch.

- **September 24-26, 2021:** Chamma Ling Colorado: **A-Tri Dzogchen Retreat**. A new three-year retreat cycle will present simple, clear and direct instructions for integrating spiritual practice through the three doors of body, speech and mind. Unique to the A-Tri dzogchen teachings is a beautifully articulated step-by-step program, taking the practitioner from ordinary to awakened mind, the natural state.
- **October 13-17, 2021:** Serenity Ridge Fall Retreat: **Living in Joy, Dying in Peace**. In this online retreat Rinpoche will guide us to find joy and peace within ourselves and our relation to all that life, and by extension death, brings to us moment by moment. Live simultaneous translation into Spanish, Portuguese and other languages.
- **October 23-24, 2021:** Free online retreat: **Serenity Ridge Dialogues: Body, Breath & Mind**. Tenzin Wangyal Rinpoche will be joined by Dr. B. Alan Wallace and leading scientists, physicians and practitioners for this free, live online summit.
- **October 29-31, 2021:** Berkeley, California: The Body of Light.
- **December 27, 2021-January 1, 2022:** **Serenity Ridge Winter Retreat** (in person and online): **The Experiential Transmission of Zhang Zhung, Part 2**. (This retreat is restricted to those who have already received the ngondro teachings from the Experiential Transmission of Zhang Zhung.)



Ton Bisscheroux on Europe Summer Retreat, 'Who Am I?'

Shares Personal Experience in Overcoming an Addiction



View from Buchenau

This year's summer retreat in Europe from August 2-8, was different from previous years. Because we could not meet in person in Buchenau, Germany, this year's retreat with Tenzin Wangyal Rinpoche was held online via Zoom. Previously held with six or seven translators, this time Rinpoche's teachings in English were translated only into German in real time.

This German-speaking retreat was organized by Ligmincha Berlin, Ligmincha Germany, Ligmincha Austria and Ligmincha Switzerland. Of course, people from other countries were welcome. There was one participant from South Korea and several participants from non-German-speaking European countries. About 100 participants attended the retreat.

Tenzin Wangyal Rinpoche taught from his poem "Who Am I?" The poem is about freedom and self-liberation, how we can let go of our imagined identity and recognize our true nature. We can connect to our limitless potential, which allows us to manifest everything we really are. Rinpoche guided us in meditations that he has developed to enable us to access the deep source within ourselves and to explore and transcend deep layers of our personality on this journey to self-realization.

It was really nice that in this six-day online retreat, the time schedule was almost the same as when we were in Buchenau in past years. We started at 7.30 a.m. with tsa lung, guided by a Ligmincha teacher, and ended at 7.30 p.m. Every morning we had a teaching with Rinpoche, and during a second morning session we practiced, shared and asked questions. In the afternoons we had breakout rooms on Zoom and a teaching from a guest teacher. The evening practice, guided by a Ligmincha teacher, was similar to the practice that Rinpoche had done during the day.

Three things were done in this retreat that were never done before in the Ligmincha sangha. First, we had breakout rooms on Zoom, where participants could meet. About 5 to 10 people came to each breakout room to have personal conversations, much like sitting around a dining room table. Each breakout session, with a host present, lasted about an hour, and participants could enter and leave as they wished. If you wanted to have a private conversation with someone, you could go to one of 10 private breakout rooms. It was nice to talk to people I didn't know yet, and to see old friends there.

Second, three guest teachers who spoke in the afternoon on different topics: Tsering Wangmo Khymtsar, Tenzin Wangyal Rinpoche's wife; Geshe Denma Gyaltzen; and Alejandro Chaoul-Reich. It was interesting and inspiring to hear their stories about prayer flags, rituals around dying, the refuge tree and using practices with cancer patients.

And third, we had an online party. In Buchenau, as at some other retreats with Rinpoche, it has been a tradition to present our creativity in the form of music, sketches, poems or other offerings on the final evening of the retreat. It was fun, but a bit strange that we could not hear the response or applause from the online audience.

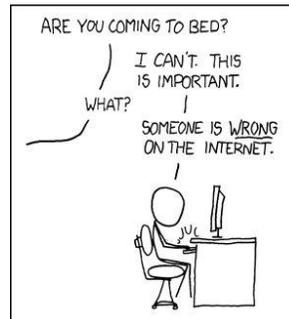
During the retreat, in exploring Who Am I? Rinpoche invited us to look at our own pain. What specific pain identity is directly impacting this moment in my life? The main focus of the practice was to recognize ourselves in a way that would lead to a transformation or healing. Every difficulty in life has to do with the sense of our inner identity. Rinpoche helped us focus on a condition in our lives in the hope that something would shift. We were invited to look at one of the following categories and work with that issue during the whole retreat.

- **The inner wound.** When we are in pain, we think it is connected to someone else, whether our family, boss or others. We all have our stories, but these are not important. What matters is how we are able to let go of these stories, which really are related to the "I" and how this "I" has processed them or not.
- **Profession or purpose in life.** We want to be good at our job, or a good teacher, a good friend, etc. Here, we could ask ourselves what prevents us from being good, blooming in life, being successful. What makes us happy?
- **Relationship with others.** Searching for individualistic happiness is not the source of happiness. True happiness comes from connection, whether this is spiritual, or with friends and family, or even with an enemy. Not being connected, which primarily means connection to yourself, makes us suffer. Here, we could ask ourselves what relationship is important for us, what relationship makes us suffer.
- **Addiction.** We can be addicted to many things, including food, behavior, collecting spiritual books or teachings. We get sick, grumpy, unhappy because of addiction. If we want to change it, we first must recognize it in ourselves.

I chose to work with addiction and, more specifically, fighting my famous person, which had become an addiction for me. This person triggered me, made me angry and upset, got under my skin. I perceive this person, a powerful public figure, as manipulative, a liar, a bully, although there were others who admired him. I was afraid of what he could do, and he reminded me of people who did terrible things that hurt me when I was a kid. And even though I knew that fighting him was not good, I could not stop. Every day I looked on the internet for information that would comfort me, because I hoped he would be held accountable for his actions. Further, I was fighting him on Twitter, responding to misinformation and lies, signing petitions. When I did these things, I felt that I was no longer helpless, but it did not give me peace. I felt disconnected, powerless. I had to fight harder, think of something to rebuke him.

When I shared this, it was Rinpoche's kind and loving response that made me realize and feel that fighting is not the right response. I felt as if Rinpoche absorbed my pain speech and sent me love, enabling me to make a shift from my head to my heart. I was able to cultivate compassion both for myself and for my famous person. That was something I knew I should do, but now I was able to bring it into practice.

After the retreat, I stopped fighting my famous person; I unsubscribed from all the emails with information about him, and any requests to sign petitions. Since then, this famous person no longer haunts me, because I was able to self-liberate from this addiction. I am surprised and happy that I no longer feel the urge to fight and read about my famous person, and I feel at ease and more connected to myself. This was an experience of openness I never had before, and I am trying to cultivate that in other areas of my life.



New 3 Doors Online Compassion Project Begins October 20

In English with Dutch, German, Portuguese and Spanish Translation



The next 3 Doors Compassion Project, a nine-month online program, will start in October and run through June 2022. It will be facilitated by 3 Doors senior teachers Marcy Vaughn and Gabriel Rocco, who developed the program with the support of 3 Doors founder and Tibetan teacher and meditation master Tenzin Wangyal Rinpoche.



The Compassion Project uses practices of body, speech and mind to support personal transformation and the emergence of positive qualities that can benefit participants and others. Initially the course was offered to people in the helping professions, but its appeal quickly spread. Now anyone who wants to expand their capacity for caring for self and others can participate.

"By teaching and exploring the practical applications of 3 Doors meditation practices, we help people to better serve their patients, students, clients or others," says Marcy. "Each Compassion Project participant has the potential to positively transform the lives of many people."

This online program combines whole group teachings and practice with small group sessions. Through the warmth and skill of Marcy and Gabriel, a safe space is held for everyone, making it possible to explore and meet feelings of suffering or discomfort. The meditation practices of the Compassion Project can help you realize that nothing is as fixed or as solid as it appears and that it is possible to make positive changes in yourself, your relationships and your life.

The Compassion Project supports many journeys: from discomfort to ease, from being stuck to experiencing a sense of freedom, from judgment to kindness. In short, this program supports you to reduce stress and renew energy, to process difficult situations or painful relationships, and to connect with yourself and others from a place of presence and compassion.

Registration is open and space is available for up to 60 people.

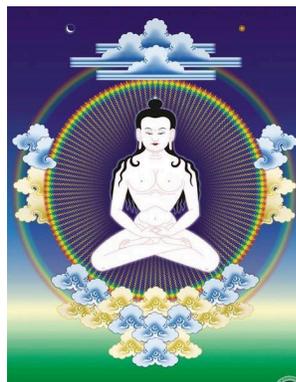
[Learn more](#)



Ligmincha Learning's Upcoming Online Courses

Many Ways to Grow Your Knowledge and Experience of the Bon Tradition

Ligmincha Learning is pleased to offer three upcoming video-based online courses beginning in September and October: "Transforming Our Emotions Through the Six Lokas" with Tenzin Wangyal Rinpoche; "Treasures of Bon: History, Lineage and Practices" with Geshe Denma Gyaltzen and John Jackson; and "Meditation Breath and Movement" with Alejandro Chaoul-Reich. These courses feature beautiful video teachings, guided meditations, readings, journal writing activities, and the opportunity to interact with senior mentors and classmates from around the world.



September 17-October 10, 2021

Transforming Our Emotions Through the Six Lokas with Tenzin Wangyal Rinpoche

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 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, purify and transform them.

[Learn more/register](#)

October 1-November 7, 2021

Treasures of Bon: History, Lineage and Practices with Geshe Denma Gyaltzen and John Jackson

Bon counts itself among the oldest spiritual traditions in the world. With origins steeped in an oral, shamanic tradition and yet deeply rooted in teachings of the buddha Tonpa Shenrap, the buddha who preceded Shakyamuni Buddha. This course is designed for anyone who would like to learn more about, or deepen their existing knowledge of, the ancient, profound tradition of Tibetan Bon Buddhism.

[Learn more/register](#)

October 15-November 14, 2021

Meditation Breath and Movement with Alejandro Chaoul-Reich Now offered with Spanish and Portuguese subtitles

Tsa Lung is a series of ancient yogic practices that brings balance and harmony to our physical body, energy and mind. The term Tsa Lung can be translated as the energy-winds (Tibetan: *lung*, Skt. prana, Chinese, qi) in the channels, for these practices are designed to open the subtle channels, guiding the healthy flow of the energy-winds so that we can enjoy good health and reconnect with more calmness to a quiet, peaceful mind. These exercises are easy to perform and are suitable for everyone.

[Learn more/register](#)

November 19-26, 2021

The Three Heart Mantras with Tenzin Wangyal Rinpoche

The Three Heart Mantras are used in many different meditations in the Bon tradition and play a major role in the ngondro practices. They are said to be the essence of enlightenment in sound and energy, and as we sing or chant the mantras our awareness is transformed to be in union with the Buddhas. They are used for purification, protection and as primary practices toward self-realization.

Ongoing Free Courses: Ligmincha Learning offers several ongoing free courses. They include [Starting a Meditation Practice, Parts 1 & 2](#); [The True Source of Healing](#); [Living with Joy, Dying in Peace](#); and

Transforming Your World Through Service.



GlideWing Online Workshops with Tenzin Rinpoche

'Who Am I?' and 'The Nature of Mind'



GlideWing is pleased to offer two upcoming online workshops with Tenzin Wangyal Rinpoche: "Who Am I? A Journey to Self-Realization," a new two-week workshop on October 16-31, and "Tibetan Meditation: The Nature of Mind" November 13-December 5. Both workshops include personal guidance and support from Rinpoche.

Beginning October 16-31, 2021

Who Am I? A Journey to Self-Realization

This is a brand-new two-week workshop with Tenzin Wangyal Rinpoche. The primary journey of every spiritual path is to reclaim what has been lost: the truth of who we really are. Once we come to a deep recognition that our true nature is spontaneous perfection, there is no more need to search for insights or solutions, no more need to strive. According to the dzogchen tradition of Tibetan Bon and Buddhism, this simple recognition is the way to ultimate liberation. This workshop is based on a poem Tenzin Wangyal Rinpoche wrote during moments of self-reflection on

retreat and reflects the deep personal work he does as a teacher, father, husband, friend and spiritual being. Rinpoche will guide you through his poem, line by line, in your own journey of self-discovery.

[Learn more/register](#)

November 13-December 5, 2021

The Nature of Mind: Achieving Great Bliss Through Pure Awareness

This ancient Tibetan meditation practice teaches you to enter the state of pure awareness that leads to peace, joy and ultimately, to full realization. These teachings are a direct introduction to the nature of mind. In this interactive three-week course, Tenzin Wangyal Rinpoche will guide you through each of the five steps of meditation in the Fivefold Teachings of Dawa Gyaltzen, helping make your day-to-day life lighter and more joyful and enabling you to recognize and connect with your innermost essence, the nature of your mind as a buddha or pure awareness. Personal support and guidance are provided by Rinpoche.

[Learn more/register](#)



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 VOCL website.

[Read VOCL in Spanish](#)

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