



NEWS AND INSPIRATION FROM LIGMINCHA INTERNATIONAL

Voice of Clear Light

Ligmincha International

Serenity Ridge Retreat Center

Retreats

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Announcements Issue

Volume 16, Number 6 | December 2016



Letter from the Editors

An Abbreviated Email-Only Announcements Issue

Dear Friends,

We have good news! Starting next issue we will have a new webmaster for VOCL. Lucian Giurescu will be joining our team. Thank you to everyone on the VOCL team in keeping VOCL beautiful and up and running on the web over the year, and to all the contributors who keep us informed and up-to-date on the latest events and happenings of Ligmincha International, and as always, thank you to our teacher, Tenzin Wangyal Rinpoche, for inspiring all of us to be our best selves!

Our apologies, but due to complications with scheduling for the holidays, we've had to use an abbreviated email-only format this time for the Voice of Clear Light. December's issue contains news and announcements that we don't want you to miss.

Be sure to note the upcoming free live webcasts on December 10 and January 14 in Tenzin Wangyal Rinpoche's series on "Living with Joy, Dying in Peace." You can always find an archive of [previous webcasts](#) on Ligmincha International's website. Lishu Institute announces the next course of teachings to begin September 2017. Ligmincha Learning has a new online course on "Awakening the Sacred Feminine" beginning January 6, to be taught by Marcy Vaughn. GlideWing's next online course with Rinpoche begins January 7 on "Awakening the Sacred Body: Tibetan Yogas of Breath and Movement." The 3 Doors continues to expand and grow

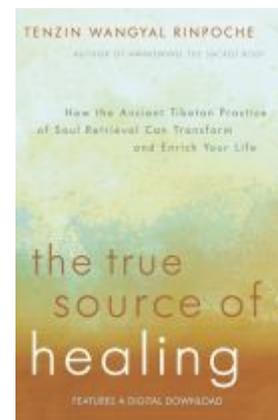
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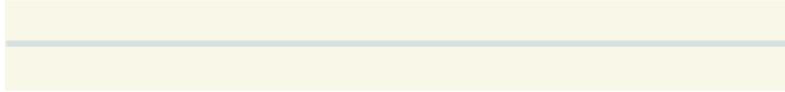


[*The True Source of Healing:
How the Ancient Tibetan
Practice of Soul Retrieval Can
Transform and Enrich Your
Life*](#)

in new ways. Find the latest *Ligmincha Europe Magazine* link, and you can find the links in Spanish and Portuguese for VOCL's previous (October) issue. And just in: the listing of the four main 2017 Serenity Ridge retreats, as well as, Tenzin Wangyal Rinpoche's 2017 retreats by date and location, now up on [Ligmincha International's website](#).

We hope you enjoy this holiday season, and we wish you all the best health and happiness!

In Love and Bön,
Aline and Jeff



Upcoming Free Live Webcasts

Mark Your Calendars for December 10 and January 14

Join Tenzin Wangyal Rinpoche from your computer for the next two free live webcasts in the series on Living with Joy, Dying in Peace:

December 10 (Saturday), 3:00–4:10 p.m.: Sleep and Death as Doorways to Wisdom

According to the ancient teachings of Sleep Yoga, the transitions between waking and sleeping and between living and dying both offer subtle guideposts for discovering the light of awareness and wisdom. In this free live webcast, Tenzin Wangyal Rinpoche will give a detailed explanation of these guideposts and guide a supportive meditation practice. This webcast is Part 4 of a free, six-month course on Living with Joy, Dying in Peace and is open to all.

[Learn more](#)

[Register now for December 10 webcast](#)

January 14 (Saturday), 2017, 3:00–4:10 p.m.: Finding Peace with Death

Death need not be viewed as a failure, a loss, or even the end of oneself. Rather, it can be seen as part of a natural continuum—and a precious opportunity to prepare for a new life and new beginning. In this free live webcast, Tenzin Wangyal Rinpoche explains how to bring into the great moment of death all the knowledge and wisdom one has gained from a lifetime of spiritual searching. He guides a supportive meditation and answers viewers' questions. [Learn more](#)

Please note: The December 31, 2016 webcast has been cancelled. There will be no Internet access in the teaching hall because of ongoing construction at Serenity Ridge.

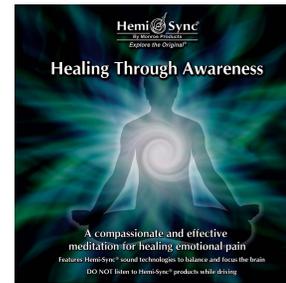
For More Information

[View the last \(November 12\) webcast](#) in 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

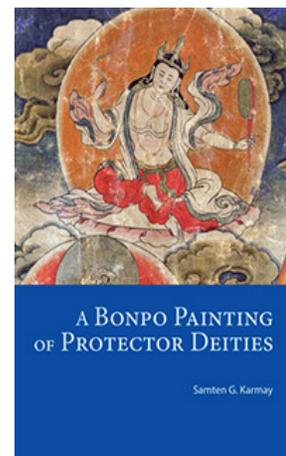
[Frequently asked questions](#) about live webcasts

Learn how to tap into the healing power of nature as well as your own capacity for self-healing in this new book by Tenzin Wangyal Rinpoche.



[Healing Through Awareness](#)

Audio CD by Tenzin Wangyal Rinpoche



[A Bonpo Painting of Protector Deities](#)

By Samten G. Karmay

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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Winter Retreat at Serenity Ridge

The Experiential Transmission of Zhang Zhung, Part 3

Join Geshe Tenzin Wangyal Rinpoche Dec. 27, 2016–Jan. 1, 2017 for Part 3 of The Experiential Transmission of Zhang Zhung as participants continue to explore the nature of mind. *Prerequisite: previous completion of Part 2 of the Experiential Transmission of Zhang Zhung series.* [More](#)

Please note: The Winter Practice Retreat (January 2–8, 2017) with Geshe Tenzin Yangton has been cancelled due to construction at Serenity Ridge.



Lishu Institute Announces Next Program to Begin September 2017

An Opportunity for In-depth Study of Dzogchen Teachings from Zhang Zhung Nyed Gyud

Zhang Zhung Nyed Gyud is one of the major Dzogchen teachings in the Yungdrung Bön tradition. Unlike other texts that were hidden during the periods of persecution of the Bön teachings, and discovered (Termas), the Zhang Zhung Nyed Gyud teachings have been continuously transmitted from Kuntu Zangpo. Kuntu Zangpo first revealed the texts by mind to mind transmission. They were then kept alive by different lineage masters through oral transmission. The texts were written down by Nangzher Lodpo at the request of Tapihritsa. The lineage transmission has been unbroken through the current lineage holders: His Holiness Menri Trizin Lungtok Tenpai Nyima Rinpoche and His Eminence Yongdzin Tenzin Namdak Rinpoche.

The Zhang Zhung Nyen Gyud teachings will be held at Lishu Institute, near Dehradun India, from September 2017 to June 2018 in three 10-week retreat sessions. The sessions are designed in a modular way so that one can come for the whole cycle or for one or two sessions. Both new students and experienced students will benefit from this intensive practice-oriented retreat.

This is a great opportunity to learn and deepen your practice in a conducive environment near Menri monastery.

[Learn more](#)

New! Ligmincha Learning Online Course with Marcy Vaughn Starts



January 6, 2017

'Awakening the Sacred Feminine: The Healing Practice of Sherab Chamma'

Ligmincha Learning is pleased to announce a new online course, introducing the practices of Sherab Chamma, the Mother of Wisdom and Love, to be held January 6–Feb. 3, 2017, to be taught by [Marcy Vaughn](#).

In many cultures primordial female energy is seen as the origin of existence and the source of positive qualities. The teachings of Sherab Chamma, Mother of Wisdom and Love, comprise one of the most important tantric cycles of the ancient Bön tradition.

[Learn more](#)



Conscious Leadership – A 3 Doors Collaboration

Growing in Many New Ways

"It was very practical. They provided a set of tools that can help us facilitate productive faculty meetings; bring innovation and creativity into strategic plans; and speak, understand, and listen to each other in a more focused way."

Jorge C., Dean of the School of Engineering

This past summer, 3 Doors Academy graduate Frank Jeri and Senior 3 Doors teacher Laura Shekerjian held a two-day Conscious Leadership workshop for faculty and staff at the Peruvian University of Applied Sciences in Lima, Peru. The program was so well received that The 3 Doors is now offering this onsite workshop for other universities and workplaces. The launch of this program is just one example of the exciting collaborations that are emerging from graduates and senior teachers of The 3 Doors Academy. The next Academy begins in North America at Serenity Ridge near Shipman, Virginia in March 2017; applications are being accepted on a first come, first served basis until January 21, 2017.

Learn more: [Conscious Leadership workshop](#), [The 3 Doors Academy](#)



Next GlideWing Online Workshop January 7 – 29, 2017

'Awakening the Sacred Body: The Tibetan Yogas of Breath and Movement'

In this three-week workshop beginning January 7, students will

explore and practice the ancient Bön Buddhist teachings of Tibetan yoga. The Tibetan Yogas of Breath and Movement consist of two ancient teachings: The Nine Breathings of Purification and the Five Tsa Lung Exercises. The Nine Breathings practice uses the three channels of light within the body as a means of connecting with one's natural mind. The Tsa Lung exercises are movements that work with opening five chakras within the central channel of the body in order to access the deeper wisdom that is always available.

[Learn more](#)

[Register](#)

Upcoming GlideWing Workshop: Feb. 25–March 19, 2017: [Healing from the Source: Meditation as Medicine for Body and Mind](#)



Ligmincha Europe Magazine – Autumn 2016 Issue

All the Latest News and Information

[View Ligmincha Europe Magazine - Autumn 2016](#)



Spanish and Portuguese Translations of VOCL

Links to October Issue Now Available

[Read VOCL in Spanish](#)

[Read VOCL in Portuguese](#)



Serenity Ridge 2017 Retreats with Tenzin Wangyal Rinpoche

Mark Your Calendars!

Serenity Ridge Retreat Center's four seasonal retreats with Geshe Tenzin Wangyal Rinpoche in 2017 have been scheduled. Serenity Ridge is the headquarters of Ligmincha International and draws participants from all over the world to Rinpoche's seasonal retreats.

Tenzin Wangyal Rinpoche's four seasonal retreats are:

March 31–April 2, 2017 Spring Retreat
Meditation on the Six Lokas: Purifying the Obstacles to Enlightenment

The teachings of the Six Lokas, or realms, give us the means to recognize the negative emotions within us, and purify and transform them into positive qualities that can empower and enrich our lives.

June 25–July 8, 2017 Summer Retreat

**Celebrating the 25th Anniversary of Ligmincha International!
Bön Dzogchen Pith Instructions & Sadhana of the Bön Mother
Tantra**

During both weeks, Rinpoche will teach on two topics– Opening Our Hearts: Pith Instructions of Bön Dzogchen Lineage Masters, and Refuge in the Powerful Tantric Yidam: The Sadhana of the Bön Mother Tantra

You are welcome to attend one or both weeks. Live translation available in Spanish. A celebration will be held during the retreat. More information coming soon!

October 18–22, 2017 Fall Retreat

**Powa: Transference of Consciousness from the Bön Mother
Tantra**

Students will learn how to accept death as a natural process, how to adopt the right attitude in preparation for death and how to perform the powa practice, which enables the transfer of consciousness at the time of death directly into a pure realm.

December 27, 2017–January 1, 2018 Winter Retreat

The Experiential Transmission of the Zhang Zhung, Part 4

The Experiential Transmission series, the centerpiece of Rinpoche's dzogchen teachings, is presented each year at our Winter Retreat.

Part 4 focuses on how to overcome obstacles to practice while sustaining and cultivating the results achieved during previous parts of the cycle. Live translation available in Spanish.

Prerequisite: Previous completion of Part 3 of the Experiential Transmission of Zhang Zhung series.



Tenzin Wangyal Rinpoche's 2017 Teaching Schedule

Links by Date and Location

On the [Ligmincha International website](#) you can always find Rinpoche's teaching schedule by date through the end of the year, and by location.

[Rinpoche's teaching schedule by date](#)

[Rinpoche's teaching schedule by location](#)



Upcoming Retreats

Serenity Ridge Retreat Center

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

**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](#)

March 31–April 2, 2017 Spring Retreat: Meditation on the Six Lokas: Purifying the Obstacles to Enlightenment

with Geshe Tenzin Wangyal Rinpoche
More information coming soon.

June 25–July 8, 2017 Summer Retreat

**Celebrating the 25th Anniversary of Ligmincha International!
Bön Dzogchen Pith Instructions & Sadhana of the Bön Mother Tantra**

You are welcome to attend one or both weeks. Live translation available in Spanish. A celebration will be held during the retreat.
More information coming soon.

October 18–22, 2017 Fall Retreat

Powa: Transference of Consciousness from the Bön Mother Tantra

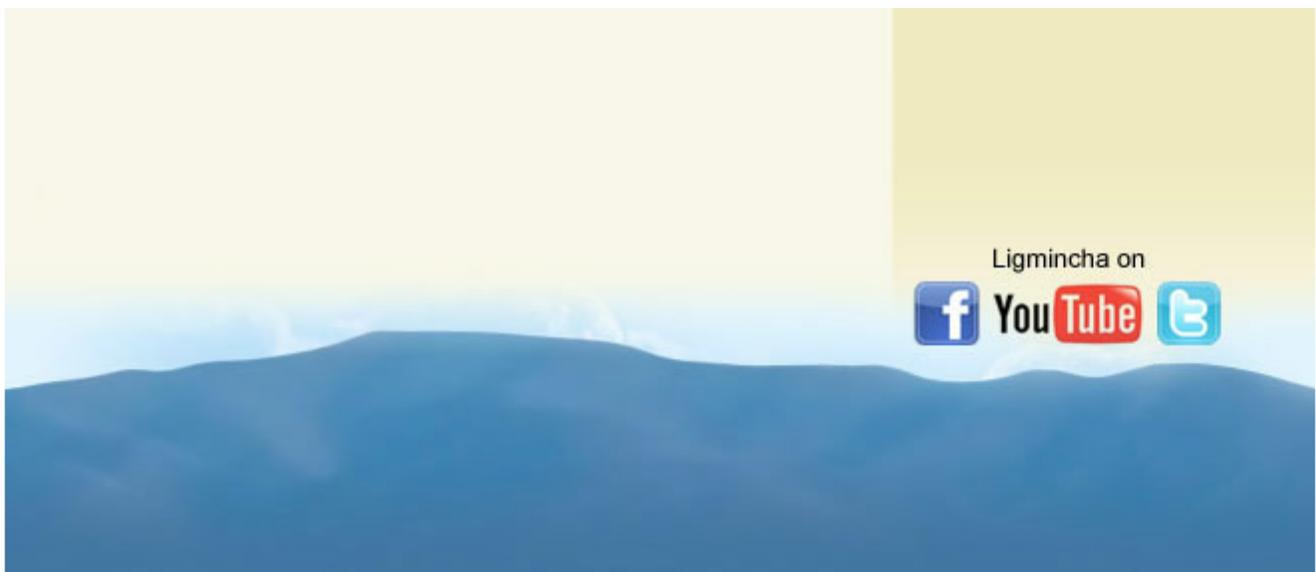
December 27, 2017–January 1, 2018 Winter Retreat

The Experiential Transmission of the Zhang Zhung, Part 4

Prerequisite: Previous completion of Part 3 of the Experiential Transmission of Zhang Zhung series.

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](#) or call 434-218-1290, or visit the [Serenity Ridge website](#).

[Read previous issues of Voice of Clear Light »](#)



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