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Volume 21, Number 6/ December 2021



Letter from the Editors

Your Window on the World



Dear Friends,

What is your view like from where you are situated? That is a question with many layers of meaning to ponder! From our window here at the VOCL editors' desk, we see our neighbor's gorgeous tree glowing simply with fall colors. We see the falling leaves as wonderful compost for the earth and garden. We see the stability and groundedness of this mother tree, the shade and protection that it offers. And we also see the passage of time, the change and impermanence. We take it all in with a sense of nonattachment, due to its changing so quickly! And that leads to our enjoying the fleeting show all the more.

As Rinpoche reminds us in this *A-tri* teaching, impermanence can be a great teacher or it can be the cause for much suffering, all depending on where we are seated. The view from within is what really matters, the resting in a sense of changelessness within oneself that we can rely on through all the changes in our life. Rinpoche elaborates on that theme in the Student and Teacher article, an excerpt from a public talk in which Rinpoche responds to a question about changelessness, sharing more on the importance of the spaciousness of one's view.

Have you considered sharing your poem or short writing in Voice of Clear Light's Sangha Sharing feature? We welcome your submissions and hope to share more from everyone in the new year. Just [email us!](#)

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- Rob Patzig's year-end letter with a request for help in supporting Ligmincha's 2022 projects.
- Serenity Ridge Winter Retreat December 26-January 1. UPDATE: On Zoom only.
- Spiritual Stories from Zhang Zhung are told on Zoom in December and January by Geshe Sherap Lodoe and Dr. Sangmo Yangri of Lishu Institute.
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- Tenzin Wangyal Rinpoche's upcoming live teaching schedule, including dates for Poland, Mexico, Chamma Ling Colorado and four 2022 seasonal retreats at Serenity Ridge.
- Serenity Ridge Retreat Center reopening, with \$15,000 matching grant for needed repairs and improvements.
- New schedule of Rinpoche's free CyberSangha broadcasts in December and January.
- Published research on The 3 Doors Compassion Project on the benefits of meditation.
- Ligmincha Learning's upcoming online workshops starting in January 2022.
- GlideWing's 2022 schedule of five online workshops.
- Spanish translation link for the last VOCL from October.

In Bon,
Aline and Jeff Fisher



Year-End Letter from Ligmincha President Rob Patzig

Help Support Ligmincha International and 2022 Projects

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Bookstore & Tibet Shop

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

We hope it will return soon.

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

About Voice of Clear Light

Voice of Clear Light is a free email publication of Ligmincha International. Your suggestions and contributions to *Voice of Clear Light* are welcome. To contact us, send an email to: voiceofclearlight@ligmincha.org

For more information about Ligmincha International, the teachings of Tenzin Wangyal Rinpoche, or retreats at Serenity Ridge or our other regional centers, please contact us at:

Ligmincha International
554 Drumheller Lane
Shipman, VA 22971
office@ligmincha.org

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Dear Sangha,

So much has changed since our year-end update in November 2020, and so much is unchanged. National borders are opening; people are physically going back to offices and to school. And still, many people are experiencing physical, emotional, mental and economic suffering and hardship. There are so many opportunities to practice the teachings of Yungdrung Bon, to recognize our own nature and be of

service to others.

Rinpoche's teachings constantly remind us of, and reconnect us to, our own boundless nature, to the infinite possibility of being. The teachings also connect us to one another as sangha, a sacred community of practitioners. This connection is at the heart of who we are and who we aspire to be. To support that connection, the number of global events offered by Ligmincha organizations grew dramatically in 2021: Tenzin Wangyal Rinpoche taught 16 online retreats this year! Geshe Denma, Geshe Gyatso, Lama Kalsang and many of our instructors have also offered online teachings and retreats this year. Live retreats are slowly returning. Rinpoche taught in person for Ligmincha Poland and Ligmincha Netherlands, and he plans in person (and online) at Serenity Ridge and some other locations in 2022.

Like the prior year, 2021 continued to be transition, integration and expansion of opportunities to serve. In addition to retreats, major activities for us in 2021 included expanded resources for instructors and practice leaders; a fundraising campaign to support Covid-19 relief efforts in India (we gave \$100,000 in total to three organizations!); renovations to Serenity Ridge for improved comfort, safety and appearance; and more collaborative work between Ligmincha International and national Ligmincha chapters.

In 2022, we will see progress in projects started last year, an increase in the number of in-person retreats at our centers, and hybrid in-person/online retreats. We will develop online courses on Rinpoche's teachings on the *Instructions on A*, and publish several new books, including two by Rinpoche.

We need your support! If our programs have touched you in the past year, please consider a donation to help ensure that we can continue our mission. Donate online via credit card or PayPal by [clicking here](#).

Rob Patzig
President, Ligmincha International
rpatzig@ligmincha.org



Finding the Changeless Amidst the Change

An Excerpt from *A-Tri* Teachings Given by Tenzin Wangyal Rinpoche, Amsterdam



This teaching is part of a new book recently republished in Amsterdam for those who participated in the A-tri retreats there. The book is currently being revised for final publication and will be made available to a larger audience in 2022. Read more about the making of this book in another article below.

Impermanence is very much part of our life. It is a part of everybody's life. Just look at life in general, how many people came into this world, lived in this world, and left this world. Look at yourself, how things were when you were young and how they have changed. You're getting older, and soon it will be time to go. It's natural. A very important part is not to take the experience of impermanence as a personal problem. It's not a personal problem; it's a natural thing.

The practice of impermanence is not meant to make you suffer more. That's not the goal. The goal is to be free from the suffering of impermanence. We already suffer enough from experiencing impermanence. We don't have a good relation to it. We try to fight it. The stronger you dislike impermanence, the stronger you put in effort, the worse it gets. On the other hand, the more you are open to it, the more you accept impermanence graciously, the less of a problem it is, the less stressful it is. It is more playful, more joyful, there is more wisdom in it. There's no reason to fight.

I have lost some of my teachers, who were very dear to me. I've lost my mother and I've lost my father. I know what loss feels like. But I don't feel so bad. You might say: Well, then you don't have a heart, or something similar. That's not true [laughs]; I do have a heart. If your definition of having a heart has to do with how much you suffer, then I think it's not a very good definition. The heart is defined more with



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openness and joy, not with shutting down and experiencing pain. Maybe it's my upbringing, but I don't look at somebody's death as a total loss, like the absolute end. For me, it's the continuation of life. And if somebody dies who is a practitioner, who is doing well on their path, they are growing; they will find higher places in their development. If you truly love them, you let them go to do that.

When we don't realize impermanence, it produces a lot of suffering in us. Look at relationships, for example. You can have a wonderful relationship with somebody. Especially younger people; if you have a wonderful relationship right now, enjoy it. Don't think about permanence too much. Many times when you have a serious conversation about the future, you feel pain, because you think about *forever*. *You're mine forever, we possess each other forever*. These are wrong thoughts. You commit to somebody because you love somebody, not because you have to, not because you need to. There should be more sense of living in the present; then life is much fuller and happier.

We try to control many things in our life, because we think they should stay like they are, forever. Have you noticed how many things are forever in your life? Your appearance has changed. You look very different from 10 years ago. Can you control that look? The way you felt 10 years ago is very different from how you feel now. Everything has changed. You cannot control it. This is the core.

There is a tendency deep inside of us to control situations, life and people. If you awaken, you see there is no way you can do that. Then you will try not to control, or to control less. And you will feel free. But that doesn't mean that you have to stop doing things. You will still do things, with much more openness and freedom. You will do things through sharing opportunities, sharing responsibilities, caring more for collective causes than for individual causes. Work will be more social and for others instead of for yourself. When you get to that situation, you'll feel better and more worth. This is all very much related to the principle of impermanence.

The practices of impermanence in the A-tri text are not more important than the ones we are doing in our life. Look at your life, right now, at changes that are challenging. There will be more changes in your life, bigger changes than you have now, for sure. It is not a possibility, it is sure. Do you need to worry that much about the changes you face right now? No, because you have to prepare for the bigger changes. What I'm saying here is, be bigger than the changes you are facing. You are bigger than those changes. We say *you are changeless*. Sense the changelessness in you; host changes in you from that place. Realizing impermanence in the experiences that we have means to not look at them as wrong, to not take it personal and to host them in our life.

Sometimes people tell me, *This year has been tough for me, but I've been hosting the tough situations in that greater space in me and that has protected me*. That's the approach, that's the practice. It means there is a greater space in you, there is a changeless quality in you. When you have a problem with dealing with changes, the solution is to find that changelessness in you, that greater space. When you feel more connection to that greater space in you, you feel protected. In terms of your inner being, there is a *forever*. In terms of conventional life, there is no forever; it's changeable, it changes, it's nothing personal. You already know many experiences in your life and you will know many more. Try to get it, sooner rather than later. Don't expect everything to last forever, because it won't. And it's good to know that it doesn't last, it is good to be open to changes. It's good to know that there is nothing wrong in that. It's good to know there is a continuation of life. It's good to know that these changes present an opportunity for greater growth. Look at the good things in changes and impermanence.

Let's ask this fundamental question. How many of you feel that experiences of impermanence in your life have shaken you, weakened you and gave you the sense of being disconnected, of hopelessness, of desperation? If you feel like that, your relation to impermanence is not right. You have to change.

Your experience of impermanence can also have woken you up, like a knock on the door or a wake-up call. It brings you more openness, more understanding, more kindness. It warms your heart and gives more focus. You do not waste your time; you find the meaningful things in life to do. You feel more alive, you realize that time is precious. If you feel like that, you have a better relationship to impermanence. When you do accept changes and the greater causes of life, then you live freer and more fully. Whenever we face impermanence and loss in the right way, and process it in the right way, it ripens us. That is *ripening the mindstream which has not ripened*. How many of you here feel that experiences of impermanence have softened you and opened you up? Gave you a better focus and priority? If you feel like that, then that's the road you want to go. If you keep behaving in the same way, then the experience hasn't affected you.

That is what the practice of impermanence should do. It's a question of hosting impermanence and processing it in a better way. Reflecting on the changes in our own life, whatever changes we face. When we relate to them in the right way, it helps us to ripen.



Serenity Ridge Winter Retreat On Zoom

'Experiential Transmission of Zhang Zhung, Part 2' December 26-January 1



(This retreat is restricted to those who have already received the ngondro teachings from the Experiential Transmission of Zhang Zhung, Part 1.)

The Experiential Transmission of Zhang Zhung is the centerpiece of Geshe Tenzin Wangyal Rinpoche's dzogchen teachings and is presented over the course of five years at Serenity Ridge's winter retreat. A new five-year cycle began online in December 2020 with Part 1: Ngondro, taught by Choekhortshang Rinpoche and

Geshe Yungdrung Gyatso. Join Tenzin Wangyal Rinpoche this December for Part 2: Introducing the Nature of Mind.

The Winter Retreat will be offered only on Zoom. Originally, Serenity Ridge had planned to open to a limited group of 50 participants, with social distancing. But due to uncertainty caused by the pandemic and the latest news of the new variant, it was decided, with regret, to hold the Winter Retreat only online. Serenity Ridge looks forward to welcoming people back in person for the Spring Retreat.

The concise and essential practice manual of the Experiential Transmission, called the *Chak Tri*, provides pith instructions to engage in the practice of dzogchen, the path of self-liberation.

This winter, Tenzin Wangyal Rinpoche will guide us in exploring the true nature of mind, through teachings and meditations that create the circumstances to experience the nature of mind.

Prerequisite: It is essential to study and practice the chapters of the Experiential Transmission in sequence, as each chapter establishes the ground for the following chapter. Therefore, participants must have received the teachings for Part 1 of the Experiential Transmission of Zhang Zhung: The Ngondro, before progressing to these Part 2 teachings. Practitioners who have already received the ngondro or higher-level teachings in a previous cycle of the Experiential Transmission teachings are warmly invited to attend this retreat.

[Learn more/register](#)



Spiritual Stories from Zhang Zhung in December and January

With Geshe Sherap Lodoe and Dr. Sangmo Yangri on Zoom

In the Bon tradition, spiritual stories are a traditional form of teaching. They inspire devotees and practitioners to develop and strengthen their faith in dharma teaching. Join Lishu Institute teachers Geshe Sherap Lodoe and Dr. Sangmo Yangri in December and January on Zoom for their second season of stories from the Bon tradition.

The stories will be told in Tibetan by Geshe Sherap Lodoe and translated into English by Dr. Sangmo Yangri. Translation from English into other language is being planned. The event is being hosted by Ligmincha Europe sanghas and Lishu Institute in India. Registration is for all three parts, including recordings.

Story 1 (Dec 19, 2021): The History of Menri Monastery
Nyamme Sherab Gyaltzen, (1356-1416) was one of the main abbots of Yeru Wensakha Monastery. He made a promise to his mother that he would come one day to meet her before her death. During his visit to his mother in 1386, the monastery was destroyed by floods. During his meditation practice, he had a vision of Yeshe Walmo, who prophesized that he would find precious objects from the monastery on the banks of a river and nearby land. She encouraged him to build Menri Monastery in the Tsang province in Tibet and prophesized that he would help the Yungdrung Bon teachings grow and prosper. In 1409, he established Menri Monastery, which became the main monastery of Yungdrung Bon tradition.

Story 2 (Jan 2, 2022): Khyungtrul Rinpoche

Khyungtrul Jigmed Namkha Dorje (1897-1955) was one of the great masters of Bon tradition in 20th century and a contemporary of Shardza Rinpoche. He was popularly known as Khyungtrul Rinpoche. He reestablished the Bon teachings in Nagri region of western Tibet during the critical time when the teachings and its followers were regarded as inferior and badly treated by the people there due to the influence of wrong view about the Bon teachings. He was the first master among the Bon and Buddhist



Spiritual Stories from Zhang Zhung, S2
 Stories in Tibetan and English

 - Season 2 -
 December 19, 2021 and January 2 & 9, 2022
 live on **zoom**
 with Lishu Teachers
 Geshe Sherap Lodoe and Dr. Sangmo Yangri


 Learn more & register at www.zhangzhung.ligmincha.eu

tradition in 20th century who used technology to print important texts. At the end of his life, while giving instructions to his disciples, he consciously left his body and remained in a state of thukdam (meditative state) for 49 days. Tenzin Wangyal Rinpoche is regarded as his reincarnation.

Story 3 (Jan 9, 2022): Gang Ti-Se Rinpoche (the holy Mountain Gang-Rinpoche/Mount Kailash)

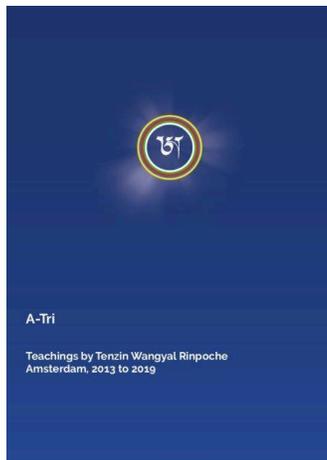
Gang Rinpoche, also called Gang Ti-Se in Zhang-Zhung terminology, means god of water. It also is described as crystal mountain with a shape of Yungdrung Kod-Leg stupa. This is the holy mountain that represents the great power and life force energy of Gekod Sangwa Drakchen, the inner tantric deity who is the manifestation of the enlightened quality of Buddha Tonpa Shenrap Miwo. According to many important Bon texts, it is regarded as the birthplace of Buddha Tonpa Shenrap and the place of origin of Bon teaching. Drenpa Namkha, Tsewang Rigzin, Taphritsa, Nangzher Lopo and many more great practitioners of Zhang-Zhung masters practiced near the location of Gang Rinpoche. The sacred mountain is abundant with auspicious qualities.

[Learn more/register](#)



A New Book on Tenzin Wangyal Rinpoche's A-Tri Teachings in Amsterdam

Revised Version Being Prepared for General Release Soon



During Tenzin Wangyal Rinpoche's in-person retreat in Amsterdam in September 2021, participants had an opportunity to buy a new book that had just been completed before the retreat: *A-Tri: Teachings by Tenzin Wangyal Rinpoche, Amsterdam, 2013 to 2019*. This ancient cycle of dzogchen teachings from the Yungdrung Bon tradition presents a complete path of liberation; it is a guide to recognizing one's own true nature of mind.

While reading the book, VOCL's European correspondent Ton Bisscheroux was so excited that he wanted to write about the process of creating this book. So he interviewed the people involved in this project, along with someone who read the book. At this point, the book is being offered in English only, as a prepublication limited edition, to participants of the *A-tri* retreats in the Netherlands. But the good news is that the book is being revised and edited in the United States to make it available for a larger audience through Ligincha's online store.

Anneke Dekkers and Tonny Maas worked on the text, Sydney Leijenhorst created the illustrations and Wieger de Leur did the layout. They used transcripts of seven years of teachings, created by Wil Leenders, Rene Ferrageau and Wieger de Leur. Andy Lukianowicz edited the initial draft of the transcripts, and Regula Franz did the final editing. Anneke Dekkers and Rob Patzig coordinated the whole process.

The idea of creating a book from these teachings

Anneke: Every year a transcript of the teachings is made available for the participants of the retreats, and we give a copy to Tenzin Wangyal Rinpoche. In 2019 Rinpoche asked Ligincha's Dutch Board to make a book of the *A-tri* teachings, based on the transcripts, using the structure of the book **Pith Instructions for KHRID rDZOGS CHEN by Bru rGyal ba g.Yung drung**, translated by Geshe Sonam Gurung and Dan Brown. (In the text below, this book will be referred as: *Pith Instructions for A KHRID*.)

The transcripts

Wil: I have been writing transcripts since 2005. It takes me several months to write the transcript of a retreat. Sometimes I had to listen five times to hear what Rinpoche said. I always enjoyed doing this work, and it felt like a privilege because it was an opportunity to listen to the teachings in a very concentrated way. One hour of teaching took about four to six hours to transcribe. When the *A-tri* cycle started, Wieger and Rene did the initial transcribing, and I used their transcript, listened to the whole retreat and edited their text.

Selecting the text

Tonny: Together with Anneke I read all the transcripts, and we selected the teachings and practices for the book. After the selection, we had to fit them into the structure of the *Pith Instructions for A KHRID*. The cycle of *A-tri* teachings is divided into 15 sessions, with subdivisions. The first session is called Meditating on Impermanence as the Skillful Means to Turn Away from Attachment. Sometimes I had to read the text from the book *Pith Instructions for A KHRID* 5 to 10 times before I understood it, while Tenzin Wangyal Rinpoche's teaching on the same subject is very clear and speaks directly to my mind and heart. Sometimes it took a while to find the right place for Rinpoche's words in the structure of the

book, and we had many discussions about that. Several times we went through our text to make sure everything was in the right session. We wanted to stay as close as possible to the way Rinpoche speaks, but we also had to edit the text to make it readable. We discussed the changes proposed by the editors, Mark and Andy. Later we discussed with Wieger and Sidney the layout and the illustrations. The discussions we had were very interesting and made me understand the teachings on a deeper level. It was a lot of work, and it was very fulfilling. Finally, we made an appendix with the exercises that were used in many practices, like guru yoga, the practice of inner refuge, tsa lung, etc.

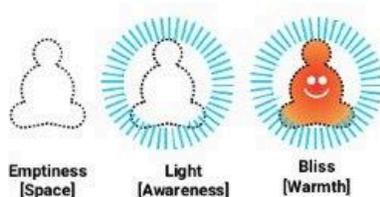
Anneke: Tony was responsible for the content, and we discussed how to present the text so it would be accessible and consistent, and people would understand it and recognize Rinpoche's voice. I wrote a summary of the last retreat, and communicated with all the participants. It was very inspiring to do. I guess I spend 300 to 400 hours working on this book.

Drawing the illustrations

Sydney: For my own meditation I have been creating graphics to support the transmission of the message. It helps me to digest the teachings and deepens my experience, in a way that conceptual study and even meditation on the cushion can't. I showed them to Rinpoche, and he asked me to create illustrations for this book. Some were easy to do, others took more time. Most images came out of a creative flow, like the spontaneous insights that sometime arose when I meditatively contemplated on the teachings. But even these relatively easy and spontaneous ones came from a process of ripening. I alternate drawing, reading and practicing. I hope my drawings support the transmission for others.

The body of emptiness is the unbounded space of awareness; the full, unconditioned openness within ourselves that is changeless. That is the first refuge.

The body of light is specific. It refers to awareness of that unbounded space, that openness. It's very important to know, and to be aware of that knowing. Knowing ourselves, knowing our essence, the nature of mind, changes everything. Not knowing ourselves, we go in another direction. It all depends



on that knowing. That knowing is light and it illuminates the darkness. Practicing refuge in the inner wisdom light enables the unknowing self to know itself. The more we live our life with that light, the less darkness there is. The less darkness there is in life, the less confusion and pain there is. That knowing is in every one of us.

We refer to the third refuge, the body of great bliss, as 'inner warmth'. Genuine inner warmth comes from openness and awareness. That warmth is sacred, knowing that warmth is sacred. Expressions of that genuine warmth vary but whatever a person gives from that space and awareness is an enlightened expression of the warmth.

Page 22-23 from the book, with illustrations by Sydney

Editing

Andy: I have edited books before for Rinpoche, so he asked me to read this book and give comments. Actually, there was not much work to do, because the people who selected the text did a very good job, and I massaged the English a bit. This prepublication is suitable for a limited group. These people prefer to hear Rinpoche speak, and have the authentic talk. But if you want to publish it for a larger audience, you need to have a closer look at structure and style. I spent a couple of weeks on the editing. While working on a text I found that there are more levels, meanings in the text. It is a learning experience. Listening to the teaching I understand it in one way, and while editing, I often got an *aha!* moment, which was wonderful.

Regula: Sometimes I had to shorten and condense the sentences. I looked at repetition, the flow of the text, punctuation. When the text was a bit bumpy, I smoothed it. It was really interesting to read the text, because Rinpoche said the same thing in different ways, looking at a subject from different angles.

What I like about the book is that it is not intellectual; it is a book for people who are practicing the teachings.

Layout and publishing

Wieger: In the beginning of 2021 we sent our draft for a last review to the US, and in August we got the revised text back, so we had only four weeks to finish the book before our last *A-tri* retreat in September. That was very tight, and in the last week there were some issues with the printing house, so we got the books, still hot off the press, on the day the retreat with Rinpoche started. Now it is a funny story to tell, but at that time it was very stressful.

The teachings of the *A-tri* are about space, and I tried to give that experience to readers while designing the book. The closer the letters are to each other, the less inviting the text is to read. If you take your eyes off the paper, it should be easy to return to where you were before. I have chosen a font that is modern and has the quality of space, and hope that it invites the reader to reflect on the text. When you read a book, you might have a feeling that it is pleasant to read or not, but it is difficult to say why. It often has to do with the choices that are made in the layout.

A reader

Herman van Keulen: I participated in all seven retreats, and I always enjoy being in the presence of Tenzin Wangyal Rinpoche. In his teachings I experience warmth; they are to the point, accessible and contemporary. This book brings me back to these experiences. In his clear, straightforward language I can hear Rinpoche's voice, which is humorous, pragmatic and down-to-earth. In the retreats Rinpoche showed us how the Bon dzogchen tradition guides us in daily life, bringing the unripened mindstream to ripening and liberation.

A new, revised edition

Rob: I am excited about the book; it is really a great publication. Originally it was intended for the participants of the retreats in the Netherlands. I saw an opportunity to give this book to the global community of Ligmincha, and students all around the world. For that, it needed substantial revision. The original text is wonderful, but we had to work to further bring it from a transcript of oral teachings into more standard written English while not losing Rinpoche's original voice or words. It was joyful to do this and it was a great support for me getting ready for my dark retreat in September 2021.

Now we are editing the book, and our intention is to create an online course through Ligmincha Learning around the *A-tri*, with Tenzin Wangyal Rinpoche using the book as an outline of that course. The book will be a support for that course. I don't know when that course will be available. The first step is to publish the book, step two is to design the course, step three is to record it, step four is to produce the course and step five is to publish it online. It might be the end of 2023 before that happens.

Anneke: The book is not yet available in the Ligmincha bookstore or to the general public, but we shared some practices from the book when Rinpoche recently gave online teachings on *A-tri* organized by Chamma Ling Colorado. If you have any questions about the book, you can contact [Anneke Dekkers](#).



Tenzin Wangyal Rinpoche's Live Teaching Schedule

Including Four Seasonal Retreats in 2022 at Serenity Ridge

Geshe Tenzin Wangyal Rinpoche's teaching schedule for 2022 is still being finalized, and more dates will be posted after the first of the year. The retreats at Serenity Ridge are planned to be offered both in person to a limited number of participants, following social distancing guidelines, and also online.

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



- **December 27, 2021-January 1, 2022:** [Serenity Ridge Winter Retreat](#) (online): [The Experiential Transmission of Zhang Zhung, Part 2](#). (Restricted to those who have already received the ngondro teachings from a previous Experiential Transmission cycle).
- **January 21-23, 2022:** Ligmincha Poland, Tummo Part 1, practice retreat, online
- **March 9-13, 2022:** Ligmincha Mexico
- **April 1-3, 2022:** Serenity Ridge Spring Retreat
- **June 19-July 2, 2022:** Serenity Ridge Summer Retreat
- **September 23-25, 2022:** Chamma Ling Colorado, A-tri teaching Part 2

- **October 12-16, 2022:** Serenity Ridge Fall Retreat
- **December 26, 2022-January 1, 2023:** Serenity Ridge Winter Retreat, Experiential Transmission of Zhang Zhung, Part 3



Help Support Serenity Ridge Retreat Center Reopening

\$15,000 Matching Grant for Needed Repairs and Improvements

Serenity Ridge is planning to reopen in 2022 for Spring Retreat. But reopening isn't a matter of simply turning the lights on. It's a different world after Covid-19 and we must ensure that all our friends and sangha members remain safe and secure.

With that in mind, a generous donor pledged up to \$15,000 to help with our reopening costs through a dollar-for-dollar matching grant. At this important time, your dollars can make all the difference. Every \$1 you give results in \$2 to pay for important building and safety improvements. [Click here to donate!](#)

Some key projects under way that can be completed through this matching gift opportunity are:

- New heating/air-conditioning system for the Lama House (\$12,000).
- Air-purifying scrubbers in the Garuda House, Gompa, and Kunzang Khang that kill 99.5% of all airborne viruses (\$15,000).
- New instant-heat replacement water heating unit for the Garuda House (\$5,000).

These are just some of the critical changes we have had to take on in order to safely reopen this December.

Please consider joining with our generous donor to help keep our teachers and sangha healthy and safe at Serenity Ridge Retreat Center!



Free CyberSangha Broadcasts with Tenzin Rinpoche, Others

Month of Mind Begins December 17 with 'Spaciousness as Door' Webcast

Please join us in December and January for a wonderful array of CyberSangha broadcasts with Tenzin Wangyal Rinpoche, invited guests and members of the Ligmincha International community. All events are part of Rinpoche's free, yearlong program on body, speech and mind. The Month of Speech culminates on Tuesday, December 14, with an online panel discussion on contemplative movement. The following Friday, the Month of the Mind begins (December 17-January 15). You can learn more about the yearlong program and find schedule updates at cybersangha.net.



CyberSangha
Tenzin Wangyal Rinpoche

Tuesday, December 14, 2021, 12 noon New York time Science & Spirituality Dialog: 'Inner Heat Practices: Tummo and Wim Hof Method'

Dr. Elissa Epel and Wim Hof will join Tenzin Wangyal Rinpoche and host Alejandro Chaoul-Reich in a discussion of the tummo practice and the Wim Hof Method.

[Learn more and view live](#)

Friday, December 17, 2021, 11 a.m. New York time 'Spaciousness as a Door to Your Inner Refuge: Entering the Nirmanakaya'

According to the dzogchen teachings, abiding in the spaciousness of our mind can be our doorway to the refuge of the nirmanakaya, the pure movement of energy and genuine warmth that arise from the inseparable openness and awareness of our true nature. In a live online broadcast, Tenzin Wangyal Rinpoche helps us to enter through the door of spaciousness.

[Learn more and view live](#)

Saturday, December 18, 2021, 10 a.m. New York time 24-Hour Full Moon Practice, 'Finding Peace Through Spaciousness of the Mind'

Our 2021 series of full moon practices concludes with a 24-hour Zoom session of guided meditations, mantra recitation and contemplative silence.

[Learn more and register now](#)

Tuesday, January 11, 2022, 11 a.m. New York time

Science & Spirituality Dialog

Tenzin Wangyal Rinpoche and host Alejandro Chaoul-Reich are joined by Dr. Aleez Sattar Moss and Dr. Michael Gawryziak for a panel discussion related to the mind.

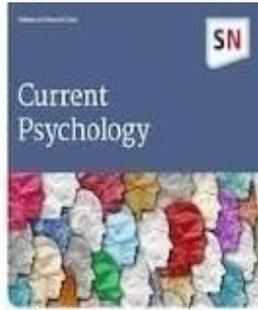
More information to come

Visit cybersangha.net for schedule updates. **Real-time translation** is available in multiple languages.



Exploring the Benefits of Meditation

Published Research on The 3 Doors Compassion Project



Research on The 3 Doors Compassion Project, a nine-month Tibetan mind-body meditation program, recently has been published in the peer-reviewed journal *Current Psychology*. The results of this study show significant incremental improvements related to mindfulness, depression and stress.

These findings also relate to the field of mindfulness research that looks at the impact of meditation time versus frequency on outcomes. The meditation practices described in this study involve sound (Warrior Syllables), breath (Nine Breathings of Purification), and movement (Tsa Lung), as well as practices of the inner refuge (Sacred Anatomy or Subtle Body).

Gawrysiak, M., Pohlig, R.T., Chaoul, A., Vaughn, M., Rocco, G., Clark, C., Grasseti, S., Petrovitch, D., & Wangyal, T. (2021). 3-Doors Compassion Project: Examining the longitudinal effects of a nine-month Tibetan mind-body meditation program. *Current Psychology*. <https://doi.org/10.1007/s12144-021-02292-4>

Michael Gawrysiak, PhD, of West Chester University of Pennsylvania and the University of Pennsylvania School of Medicine, is the principal investigator for The 3 Doors Compassion Project study. The 3 Doors research team, led by Dr. Gawrysiak, Dr. Alejandro Chaoul and Dr. Claire Clark, is currently planning a larger, comparative study of the Compassion Project program as a next step.

Senior teachers Marcy Vaughn and Gabriel Rocco lead the Compassion Project program, which they co-designed for healthcare professionals, caregivers and others who are motivated by compassion. Running for the sixth time, this year's nine-month online program has 54 participants and offers translation into Spanish and Dutch.

This research study was made possible by the financial support from two major donors, a family foundation grant, and The 3 Doors DZA Council.

[Read the *Current Psychology* article](#)



Student and Teacher

Together on the Path

This is an edited excerpt from a public talk that Tenzin Rinpoche gave in 2014 in Charlottesville, Virginia on Embracing Impermanence. There were a few questions at the end of the talk, and below is one of the questions on the topic of changelessness.

Student: Can you speak a little about meaning of changelessness? I am not familiar with that term.

Rinpoche: Sure, absolutely! I grew up hearing those words in Tibetan, that one's essence is changeless, that it's birthless. One's essence is beyond all birth and change. In fact there's a whole list of beyonds! As a young monk I thought, *Okay, I get it, our essence is beyond this, beyond that, and on and on and on. So why do we have to repeat the list again and again? Just repeat it once and be done with that.*



Of course, if you think about it, it makes great sense. Change is the most difficult thing that we have in our lives. We cannot process change very well, because we feel very fragile. We feel every change as *it's affecting me*. Changing job, changing relationship, changing weather, *it's affecting me*. If you keep on being affected by all the things in your life, it's a very difficult life.

You want not to be affected by change. So the question is, are you going to not be affected by change?

Of course, the simple answer is, have a realization of the changeless essence within yourself. That means realizing a sense of changelessness. And with that arises a natural confidence in the face of change. *Death, fine! Lose my job, fine! I might get older* [Rinpoche laughs]. No, you *are* getting older. *Fine! I might get sick.* No, you *will* get sick. You have some sense of confidence in embracing all those changes. The sense of, *I'm feeling peace with those changes.* Because the source of that sense of peace is within you. You discover that quality within you.

So feeling the changelessness is the antidote for not being affected by change. An analogy that I often use is, let's say that you win a big lottery, 100 million dollars! You feel, *Yes!* But then, imagine that the only car that you've ever owned suddenly falls apart. It's your favorite car. After winning the lottery, though, what do you feel about this news of your car? You feel fine. Not very sad. There's a confidence amidst this change in your life. Okay, maybe there's a little attachment, but no big deal. Why? Because deep inside you know that nothing's really going to change as a result. You can buy another car. There is a confidence of changelessness, due to your just having won the lottery. So this change doesn't hurt you. It doesn't change your life.

So now, you have won the best lottery ever! Because you have the most important gift anybody could ever ask for, you have that changeless inner sacred space. That spaciousness is likened in the teachings to the beautiful loving mother who is there for the child who needs it the most. The child is held in the loving arms of its mother. You have that protection. You've won the lottery! Let the old car break down. Don't worry about it, right? Have you done that? Maybe you'll even come to discover that you don't need the car at all.

But generally we don't do that. Every time there's a change we have a problem. Let's say it's a window problem or a problem with the lighting in your room but then when a tornado blows the roof away, then suddenly there's no longer a problem with the window anymore! Don't wait for that to happen though. Don't do that.

We come to see that the problem is not a problem. Learn to embrace that, okay? Learn to embrace change. Don't lose your smile. Don't lose your joy. Don't lose your deep breathing. That's the most precious gift we have in our life. *Because of a window, I cannot breathe very well.* That's silly, right? Stopping breathing because of anything would not be good. Rather, live life. Know that any time, any given moment, your mother is there, your changeless inner essence is there. Your inner divine is there. Whatever you want to call it, whatever word you feel comfortable using, it doesn't matter. It is there.



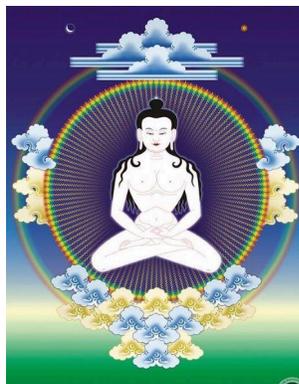
Ligmincha Learning's Upcoming Online Courses

Try an Online Course in 2022, Starting in January!

Ligmincha Learning is pleased to offer a range of video-based online courses beginning in January 2022. Most of the recorded courses are taught by Tenzin Wangyal Rinpoche and guided by senior teachers.

Here's what is coming up in 2022:

- **January 7-February 26, 2022:** Transforming Our Emotions Through the Six Lokas with Tenzin Wangyal Rinpoche
- **January 28-March 5, 2022:** Treasures of Bon History, Lineage and Practices with Geshe Denma Gyaltsen and John Jackson
- **February 25-April 2, 2022:** The Three Heart Mantras with Tenzin Wangyal Rinpoche
- **March 4-April 2, 2022:** Meditation, Breath and Movement with Alejandro Chaoul-Reich
- **March 11-December 17, 2022:** Ngondro: The Foundational Practices with Tenzin Wangyal Rinpoche
- **March 18-April 16, 2022:** Sleep Yoga: The Yoga of Clear Light with Tenzin Wangyal Rinpoche
- **April 1-May 14, 2022:** The Five Elements with Tenzin Wangyal Rinpoche
- **April 15-May 14, 2022:** Sherap Chamma: Mother of Wisdom and Love with Marcy Vaughn
- **July 1-30, 2022:** Meditation, Breath and Movement with Alejandro Chaoul-Reich
- **July 8-August 6, 2022:** Sleep Yoga: The Yoga of Clear Light with Tenzin Wangyal Rinpoche
- **September 2-October 23, 2022:** Transforming Our Emotions Through the Six Lokas with Tenzin Wangyal Rinpoche
- **September 16-October 22, 2022:** Treasures of Bon: History, Lineage and Practices with Geshe Denma Gyaltsen and John Jackson
- **October 7-November 12, 2022:** The Three Heart Mantras with Tenzin Wangyal Rinpoche
- **October 21-December 3, 2022:** The Five Elements with Tenzin Wangyal Rinpoche



- **November 4-December 3, 2022:** Sleep Yoga: The Yoga of Clear Light with Tenzin Wangyal Rinpoche
- **November 18-December 17, 2022:** Sherap Chamma: Mother of Wisdom and Love with Marcy Vaughn
- **December 2-31, 2022:** Meditation, Breath and Movement with Alejandro Chaoul-Reich

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](#).

Learn more at ligminchalearning.com. (Find descriptions in the top menu under Courses.)



Five GlideWing Online Workshops Planned for 2022

'Awakening the Sacred Body' Begins January 8

Mark your calendar! Tenzin Wangyal Rinpoche's newly confirmed 2022 GlideWing teachings includes five online workshops. The workshops allow participants to learn and practice from their own homes, at their own schedule, with personal guidance from Rinpoche.



- January 8-30, 2022: [Awakening the Sacred Body: The Tibetan Yogas of Breath and Movement](#)
- February 12-March 6, 2022: [Tibetan Sound Healing](#)
- April 30-May 29, 2022: [Tibetan Dream Yoga](#)
- June 11-26, 2022: [A Journey to Self-Realization: Discover the Best of Who You Are and Can Be](#)
- August 20-September 11, 2022: [Healing from the Source: Meditation as Medicine for Body and Mind](#)

Ongoing: [Focusing and Calming Your Mind: The Tibetan Practice of Zhine](#), a free two-week self-guided online workshop.

[Learn more](#)



Spanish Translation of VOCL

Link to October Issue Now Available

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

[Read VOCL in Spanish](#)

Serenity Ridge Retreat Center
 Headquarters of Ligmincha International
 554 Drumheller Lane
 Shipman, VA 22971
 Serenity Ridge office: [+1-434-263-6304](tel:+14342636304)
 Ligmincha International office: [\(+1\) 434-263-3657](tel:+14342633657)

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