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Volume 22, Number 6 / December 2022



Letter from the Editors

Remembering to Rest



Dear Friends,

We are happy to announce the arrival of a new book by Tenzin Wangyal Rinpoche, *A-tri Dzogchen: Teachings from the Bon Tradition on Recognizing the Nature of Mind*. The book is based on Rinpoche's teachings in Amsterdam over a period of seven years. Originally compiled by the Netherlands sangha in a very limited edition, this precious book of dzogchen teachings by Rinpoche is now revised and edited for a broader audience and available to all. Thank you to our very own Vickie Walter for her dedicated work on this book and to all who helped make the book possible. E MA HO!

In this issue, we include an excerpt from the book on the important dzogchen practice of concentration without an object, and the gift of truly resting. Enjoy!

In addition, we include Rinpoche's advice to students attending the recent A-tri retreat in Crestone, Colorado, reminding us of the value of resting and how vital it is in so many areas of life.

ALSO, please don't miss the new online broadcast December 3 and 4. It's the first in a new series on Indigenous Traditions, hosted by Khandro Tsering Wangmo Khymtsar. See all the details below.

Lots more in this issue:

- End-of-year letter from Rob Patzig, President of Ligmincha International.
- Upcoming Serenity Ridge Winter Retreat. The Experiential Transmission of Zhang Zhung Part 3 will be held in person and on Zoom December 26, 2022-January 1, 2023.
- Tenzin Wangyal Rinpoche's early 2023 schedule.
- Meet Olivia Zsomboki, Ligmincha International's new program manager.
- Upcoming CyberSangha events.
- First in series of online broadcasts on healing with indigenous traditions, hosted by Khandro Tsering Wangmo Khymtsar.
- Update on fundraising for Chamma Ling Poland retreat center.
- Ligmincha Learning three upcoming online courses.
- GlideWing online workshop on The Nature of Mind begins in January.
- New 3 Doors course, Discovering the Refuge Within: An 8-Week Meditation Journey, begins January 5.
- More Reflections of the Day from Tenzin Wangyal Rinpoche.
- Spanish translation for the October VOCL.

In Bon,
Aline and Jeff Fisher



End-of-Year Letter from Rob Patzig

Update on Serenity Ridge in 2022 and Ligmincha Plans for 2023

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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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Stay in Touch

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Dear Sangha,

Greetings! We hope you were able to attend our retreats in 2022, either at Serenity Ridge or through one of our many Ligmincha organizations worldwide. As with all of Ligmincha's centers, much work was done at Serenity Ridge to welcome guests again after having been closed for two years. Thanks to the generosity of donors like you, air purification improvements were made in the Garuda House (dormitories), new gutters were hung on the gompa (meditation hall), rooms were painted, trees were trimmed, and a new audio/video system was set up in Kunzang Khang (community building and cafeteria), allowing for online retreats.



Serenity Ridge will be hosting His Holiness the 34th Menri Trizin Rinpoche, the spiritual head of the Bon tradition, at our two-week summer retreat from June 24 to July 8. We are so looking forward to welcoming him, his attendants and our sangha! We have much to do to, including prepare improvements to the Lama House to make it more comfortable for our guests, repairs to the gompa, purchasing flights and more. Many or all of Ligmincha's resident lamas will attend both the summer retreat and spend the prior month at Serenity Ridge in our English-language study program. In advance of the retreat, 15 prayer wheels will be installed along the central path to the gompa, and we will begin to lay out a trail network on our recently expanded property.

Serenity Ridge is hosting 11 retreats this year. At our seventh retreat in October, we did see an outbreak of Covid among some retreatants. We are grateful that everyone is recovering well. In order to prevent outbreaks of Covid among retreatants at Serenity Ridge, we are making substantial improvements to maximize health, including additional air purification systems, handwashing stations and creating rooms where those who test positive for Covid can stay without putting others at risk. These and other improvements will be in place before our winter retreat this year, which begins December 26.

The year 2023 will also see many international activities. In March, the first-ever international practice retreat for our current and authorized umdzes, practice leaders, and instructors will take place in Valle de Bravo, Mexico at the Great Stupa for World Peace. Our hope is to support qualified practice leaders to attend the retreat at no cost, other than travel. Also, we are working to create a course on the A-tri 15 stages of practice with Rinpoche. This will support all who have received these teachings from Rinpoche or read his just-published book, *A-tri Dzogchen*.

We need your support! If our programs have touched you in the past year, please consider a donation to ensure that we can continue our mission. Donate online via credit card or PayPal at <https://ligmincha.org/ligmincha-international-donate/>.

Rob Patzig
 President, Ligmincha International
r.patzig@ligmincha.org



Discovering Ourselves Through Fully Resting

An Excerpt from Tenzin Wangyal Rinpoche's New Book *A-tri Dzogchen*



This excerpt from Tenzin Wangyal Rinpoche's newest book, A-tri Dzogchen: Teachings from the Bon Tradition on Recognizing the Nature of Mind, is from a session called Concentration Without Attributes.

This session is very much about discovering ourselves through fully resting. This second part of concentration practice is abiding in awareness without relying on attributes, without the external support used in the earlier stages. Here, we just rest and abide. One needs to rest in order to self-realize, to realize the nature of mind. Resting doesn't necessarily mean not doing, saying, or thinking anything. When we are resting, doing, saying, or thinking something can give us more energy because it results from resting. Then our movements happen because of stillness, speech comes out of the silence, and thoughts come out of spaciousness. When we are resting they are manifestations of that state. . . .



Follow Tenzin Wangyal Rinpoche on



Search

We are aware of our body and our field of energy or breath. Remaining fully aware of our breath, we breathe deeply. Our mind abides in the present, in the here and now, connected to our breath, to our body.

This is equipoise, *abiding*. The mind does not hold on to anything. It rests. The breath is resting, the mind is resting, yet we are fully aware and connected. The mind does not grasp anything but perceives everything. It lets go of everything but is effortlessly connected with everything.

Doing nothing does not necessarily mean that we are resting. When we are really resting, we know how it feels. Fifteen or twenty minutes of good rest makes us immediately feel fresh and clear. It's about allowing ourselves to rest fully. Then maybe we can have a little bit more trust in this moment, in this situation, with a sense that whatever comes is meant to be, and I'm open to it.

We just rest without someone who is resting. It's like meditating without a meditator. Meditation is happening in itself, by itself. When someone is *trying* to rest, when energy in their body is trying to rest, then resting is not happening by itself. When someone is trying to control the breath while trying to rest, then it's not happening by itself. When someone is trying to control the mind to make it rest, then it's not happening by itself. When it is natural, no one is doing it, no one is trying to rest. We simply experience restfulness. That is the meditation.

We rest fully and we are comfortable, aware, alert, with a sense of freshness, without expectations, without effort, resting within. Whatever arises, we do not grasp it, we just allow ourselves to be with it. Whatever is pure, we don't pollute. Whatever freely arises, we don't grasp.

In dzogchen teachings, the value of resting is really important. But resting is not the end product or the result of the practice. We rest to experience our mind without grasping, without self-operating, without the mind running the system. The true ability to rest helps us override the grasping self and ultimately connect with our subtle self. We become a new, fresh person. There is no way to feel a genuine connection to oneself unless one fully rests. It's like being reborn. The purpose in the end is very clear: it's about self-realization.

In the practice there are two processes. The first is resting; the second is becoming more alive. If we find self-grasping interfering with resting, we continually let it go, getting closer to the subtle self, until we can really rest. Second, we become more alive when we exist without that grasping *I*. When we live with that sense of *I*, it's holding something somewhere, it's contracting in the form of pain or congestion. When we are aware of that, we watch it and say, "Be careful, notice, and just relax." Within minutes, sometimes only seconds, we feel a response. That actual moment occurs and is felt immediately, because awareness has a wind or energy that changes and influences whatever and wherever there is pain, congestion, or blockage.

But wind also is related to the karmic *I*. When it is related to the karmic *I*, it is called the *conceptual wind horse*. Whenever we're sick, for example, our conceptual wind is very active in that sickness, our conceptual *I*, or pain *I*, is present in that sickness. Our conceptual *I* is the blockage in that particular area of the body or the chakras. Until we let it come into conscious awareness, into our mind at rest, it will continue to block. What we need is a glimpse of awareness when that actual separation happens. Winds can be destructive, creative, blissful, or karmic; there are all kinds of winds. The creative wind comes from resting.

I always wonder why people fall asleep during meditation. One answer is that we become alive through our thoughts, emotions, and ego. When the ego dies, we die, because generally what exists in samsara is mostly only the existence of the ego and of pain identity. True bliss, with which we are usually unfamiliar, seems relatively boring, seeming almost dead, compared to the familiar excitement of pain that seems to keep one alive and moving. But that's not a good or healthy way to live. We disconnect from ourselves, we are not aware enough of ourselves, not aware of the gifts of life until we begin to let go of the familiar excitement of our pain.

When we are resting we have fewer thoughts, less ego. And when there's no ego, we feel we don't exist. When we identify with the grasping ego, we become less interested in our meditation, less motivated, less alive, less connected. There is less light and less clarity, and we lose our joyful motivation for practice. Then the only thing left to do is fall asleep. That is what happens.

Instead, we need to come to understand that the moment we are selfless, present, and not thinking, we can become clearer, more alive, more alert, more present and connected. It's like becoming a new person when we are being still and more still, silent and more silent, spacious and more spacious.

Sometimes if we practice incorrectly, it is possible that we become less clear, but if we practice properly and consciously, we become more and more clear and present. We have to be aware of that sense of connection, of clarity, vividness, and sharpness.

In a deep place, finding out if we are truly resting is simple. Are we trying to rest? Is there somebody working hard to rest? These are important spiritual questions. "Who?" is the best question a dzogchen practitioner can ask, not "What?". The very last obstacle to enlightenment is the sense of self.

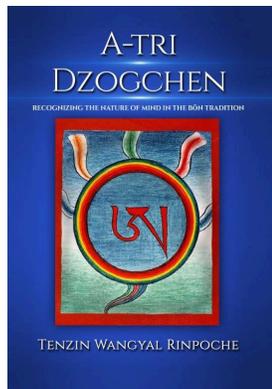
Having a deeper connection means being aware beyond our sense of self and ego. That's probably the only genuine way of defining *deeper*. It's a secret connection, a secret bliss. Nobody needs to know about it; we can simply smile. That connection is so beautiful, so simple, yet so valuable. That is what the A-tri is teaching, enabling us to connect with ourselves beyond the sense of self and ego.

We find we know something precious. We become familiar with something that for a long time we have been longing for. That connection is what is happening during meditation. And that leads to many creative things happening without effort. In that place we find ourselves and the meaning of life. We simply need to be aware of being in that central, core place, that's all. What is the perfect place? Where we are right now.



New A-tri Dzogchen Book Available in Store

Based on Tenzin Wangyal Rinpoche's Teachings in the Netherlands



Tenzin Wangyal Rinpoche's new book, *A-tri Dzogchen: Recognizing the Nature of Mind in the Bon Tradition*, is now available in the Ligmincha Store. In *A-tri Dzogchen*, Tenzin Wangyal Rinpoche shares essential teachings and practices for recognizing and resting with open awareness in the true nature of one's mind.

This book grew out of teachings given to students in Amsterdam from 2013-2019. The Netherlands sangha put together a book based on these teachings that was distributed in 2021 only in the Netherlands in a very limited edition. Now the book has been revised for a broader audience.

A-tri is one of the major lineages of dzogchen, the highest teachings within the Tibetan Bon tradition, which points to the nature of one's mind as spacious and open, luminous and aware, and the source of all positive qualities.

The teachings in this book draw on a text by thirteenth century master Drugyalwa Yungdrung, condensed into 15 sessions from an even earlier text. The book includes preliminary practices, an introduction to recognizing the nature of mind, practices to stabilize one's presence in it, and guidance for ultimate liberation.

With his ability to make the deep teachings of ancient texts relevant and engaging to the modern world, Tenzin Wangyal Rinpoche has written a book that can benefit anyone interested in exploring their own nature and recognizing the inner light of awareness that exists in every sentient being.

With full color images and illustrations.

[Learn more/order](#)



Winter Retreat: Experiential Transmission of Zhang Zhung, Part 3

Third Part of Five-Year Dzogchen Series

The Experiential Transmission of Zhang Zhung is the centerpiece of Geshe Tenzin Wangyal Rinpoche's dzogchen teachings held every December at Serenity Ridge. This year, Rinpoche continues the third year of this five-year cycle. Attendance is possible both in person at Serenity Ridge and online via Zoom. The retreat begins on December 26 at 7 p.m. New York time and concludes around 2 p.m. on January 1, 2023.



The concise and essential practice manual of the Experiential Transmission, the Chag Tri, by the great adept Drugyalwa Yungdrung, provides complete instructions for those aspiring to the practice of dzogchen, the path of self-liberation.

In this year's retreat, Rinpoche focuses on the aspects of view, meditation and conduct, building on Part 2 to further guide students toward recognizing their own inner clarity and integrating their realization into their practice and their lives. Practitioners will explore:

- How naked seeing is the dzogchen view and the self-introduction.
- How clear light is the meditation.
- How bringing every experience and challenge onto the path is the conduct.

Prerequisite: This retreat is open to those who have received the teachings for Parts 1 and 2 of the Experiential Transmission of Zhang Zhung from Tenzin Wangyal Rinpoche either in this current teaching cycle or previously.

All in-person attendees must present proof of a negative Covid test result taken within 24 hours prior to arrival at Serenity Ridge. Attendees are asked to bring a second test with them to retest in the middle of the retreat. Serenity Ridge has placed additional hand sanitization stands in major foot-traffic areas, significantly expanded air quality by adding UV filtration throughout Kunzang Khang (the community building and cafeteria) and purchased outdoor space heaters to make outdoor dining comfortable.

[Learn more/register](#)



Tenzin Wangyal Rinpoche's Upcoming Teaching Schedule

New Offerings in 2023

Here is Geshe Tenzin Wangyal Rinpoche's teaching schedule. Updates will be provided on the [Ligmincha website](#) as they become available.

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

- December 26, 2022-January 1, 2023: Serenity Ridge Retreat Center, Shipman, Virginia, [Experiential Transmission of Zhang Zhung, Part 3](#)
- January 13-15, 2023. Ligmincha Poland, [Essentials of Tummo](#)
- February 3-5, 2023. Ligmincha Costa Rica, [The Wisdom of the Five Elements](#)
- February 10-12, 2023. Ligmincha Texas, Houston, [Topic TBA](#)
- March 17-19, 2023. Berkeley, California, [The Twenty-One Nails, Part 3](#)
- March 22-26, 2023. Valle de Bravo, Mexico: [Topic TBA](#)
- April 6-9, 2023. Serenity Ridge Retreat Center, Shipman, Virginia, [Topic TBA](#)
- April 28-30, 2023. Ligmincha Spain, Malaga, [Topic TBA](#)
- May 12-14, 2023. Ligmincha Italy, Rome, [The Six Lokas](#)
- May 19-21, 2023. Ligmincha France & Suisse Romand, Bulle, Switzerland, [Sherap Chamma & Retinue](#)
- May 26-28, 2023. Ligmincha Austria, Vienna, [Living with Joy, Dying in Peace \(Part 1\)](#)
- June 2-4, 2023. Ligmincha Berlin, Berlin, Germany, [The Nine Winds](#)
- June 24-July 1 & July 2-8. Serenity Ridge Retreat Center, Shipman, Virginia, [Tummo, Part 3](#), with honored guest H.H. the 34th Menri Trizin
- August 8-13, 2023. Chamma Ling Poland, Wilga, [Tummo Part 3](#)
- August 14-20, 2023: Buchenau, Germany, [Topic TBA](#)



Meet Olivia Zsamboki

Ligmincha International's New Program Manager



Ligmincha International is pleased to announce the hiring of Olivia Zsamboki as our new program manager. This is a new position for Ligmincha, and one that is much needed. Olivia joins us after years of active volunteer and organizing efforts with Ligmincha Hungary.

As the past and current president of Ligmincha Hungary, Olivia has done a fabulous job of organizing and promoting teachings, working with resident lamas, overseeing and conducting administrative activities in support of the Hungarian sangha, and much more.

This new position allows Olivia to bring her skills and passion in service to an even wider audience. She will work to support Ligmincha International and Serenity Ridge Retreat Center programs, and help facilitate collaboration between Ligmincha International and national or

regional Ligmincha organizations. Olivia will work with Sue Davis-Dill, Ligmincha executive director, Rob Patzig, president, and others.

Among her first activities, Olivia will be working with an international group of volunteers to design and implement an event calendar that can be accessed by language, teacher, topic and location. This will better allow Ligmincha organizations to coordinate teaching activities and make it easier for students to find the teachings and practices that they are looking for. She also will work to help enhance many of Ligmincha's communication channels (website, social media, email list management and more).

Here is Olivia in her own words.

"For me, to be part of the team is a dream come true since I can dedicate my expertise and my experience to what inspires me the most. I am utterly thankful that I have been given the opportunity to support the work and mission of Tenzin Wangyal Rinpoche and Ligmincha International.

"I have been a student of Tenzin Wangyal Rinpoche since 2014 and formally part of the Ligmincha family from 2016, when Ligmincha Hungary was established. In 2019 I completed The 3 Doors EU2 Academy, and now I am preparing for the Presenter's Path starting next year. I am also a volunteer for The 3 Doors organization, offering translations and organizational services, given that the upcoming 3 Doors EU Academy will be held in Hungary starting in 2023.

"My professional background is public relations, corporate communication and marketing communication. I bring solid experience working in a multinational environment. In my new role at Ligmincha International, my main focus will be to expand communications and to bring awareness to more people about Ligmincha's and Serenity Ridge's program offerings and mission.

"In liberating my own being, may I benefit others!"



Upcoming CyberSangha Events

Next Broadcast with Tenzin Wangyal Rinpoche December 6

The CyberSangha team warmly invites you to join in the following new offerings. They include a teaching and guided meditation with Tenzin Wangyal Rinpoche on December 6 followed by a 24-hour full moon practice on December 7. They're free and open to all, and we hope you can join us.



CyberSangha
Tenzin Wangyal Rinpoche

Tuesday, December 6, 2022, 12 noon New York time **Realizing Your Full Potential: Taking Clear Positive Action**

A teaching and guided meditation with Tenzin Wangyal Rinpoche to mark the start of the Month of the Body, part of his free yearlong program Bring Body, Speech & Mind to Life. Open to all.

[Learn more & view live](#)

Wednesday, December 7, 2022, 10 a.m. New York time **24-Hour Full Moon Practice, Through Stillness, Awaken Clear, Positive Action**

During the full moon of December 7, join us online for a meditation guided by Marcy Vaughn, followed by a 24-hour session of mantra recitation, contemplative silence and further periods of guided meditation. We will be supported by Ligmincha International's global community of practitioners. Unlike Rinpoche's CyberSangha Facebook Live broadcasts, the 24-hour full moon practice takes place via Zoom, in an online meeting space. There is no cost to participate, but registration is required.

[Learn more & register](#)

Wednesday, December 14, 2022, 12 noon New York time **Mastering Living & Dying: What We Can Learn from Post-Death States of Advanced Meditators**

A live online conversation with Leslie Eisenberg, Ph.D.; Tawni Tidwell, Ph.D.; Geshe Tenzin Wangyal Rinpoche; and host Alejandro Chaoul-Reich, Ph.D.

[Learn more & view live](#)

Saturday, December 17, 2022, 10 a.m. New York time **The Five Wisdoms of Tibet, Part 8**

A live online conversation with Khenpo Dakpa Senge of the Sakya school of Tibetan Buddhism and co-hosts Geshe Tenzin Wangyal and Jhama Lhamo. Conversation is in Tibetan language only; closing summary offered in English.

[Learn more & view live](#)

Sunday, December 18, 2022, 12 noon New York time **Cross-Cultural Parenting, Part 2: Helping Children to Thrive When Traditions Collide**

Part 2 in an ongoing series hosted by Tenzin Wangyal Rinpoche. Conversation is in Tibetan language, with each presenter offering a summary in English. When raising children in a country that is foreign to

you, not them, how do you help them to thrive without sacrificing your own, cherished cultural heritage and values? Our four panelists, all Tibetan immigrants to North America, discuss common parenting challenges of immigrants and their suggestions for building healthy, happy families.

[Learn more & view live](#)

Thursday, January 5, 2023, 12 noon New York time

Realizing Your Full Potential: Speaking Your True Voice

A teaching and guided meditation with Tenzin Wangyal Rinpoche to mark the start of the Month of the Body, part of his free yearlong program Bring Body, Speech & Mind to Life. Open to all. More information to come.

Friday, January 6, 2023, 10 a.m. New York time

24-Hour Full Moon Practice, Through Silence, Realize Your True Voice

Registration opens after December 8

[More about the free yearlong program](#)

For schedule updates, visit cybersangha.net



Healing The Earth and Our Communities Through Indigenous Traditions

First Panel North-East India & Mongolia on December 3 and 4



Join us for Ligincha International's first panel on Indigenous Healing Traditions as we welcome Mr. Dorjee Ren, from the Lepcha tribal tradition of North-East India, and Shaman Byambatseren, from Mongolia. Both will share their experiences on entering the healing path, ways of relating to nature, and ways of healing through connection to ourselves, to each other and to our beautiful planet. Both sessions will be hosted by Khandro Tsering Wangmo Khymtsar.

Coming together for celebration, for ceremony, for healing, for mourning, for gratitude, for planting and harvesting, for mutual support, for almost every aspect of life is foundational for indigenous communities all around the world. Interconnectedness, living on the Earth in harmony with all beings, with plants and animal life, with the elements, with nature and with other humans is at the core of living in a sacred way. And sacredness nourishes us, those around us and the Earth itself. It is a way to sustain balance and harmony in life, and to restore them in times of trouble.

Toward this aim, indigenous peoples have cultivated ways of being, acting and relating that can treat imbalances in a person's body, mind, emotions and spirit, as well as in our outer world. Restoring balance, we heal ourselves and the world around us. These traditions have supported communities for hundreds and thousands of years.

This program will be presented in Nepalese and Mongolian with consecutive translation into English.

[Learn more/register](#)

[Listen to special announcement on Facebook with Tenzin Wangyal Rinpoche and Khandro Tsering Wangmo Khymtsar](#)



Chamma Ling Poland Water System Update

Fundraising Efforts Continue



The fundraiser for Chamma Ling Poland retreat center is going well, but more funds are still needed to repair the water system, which is no longer functional.

In June 2022 problems developed with Chamma Ling Poland's water pipes. More than half of the work (replacing most of the pipes and digging a new well) has been completed. The estimated cost of building a pump room and completing the work is 25,000 Euros. The work must be done this winter, before spring 2023, or Chamma Ling risks not being able to hold retreats next year.

Ligmincha Poland has collected about 50,000 zlotys, almost half of the needed to make the necessary repairs on Chamma Ling's water pipes, including building a new pump room.

The sangha and board members are very grateful to everyone for their donations. Many donations have come from practitioners in Europe and the U.S. and are being used right now in the renovation of the hydropower building.



As you can see in the photos, the state of the pipes cannot wait any longer. Please consider making an additional financial contribution to the center. Donations may be sent by bank wire and by PayPal with the information below. Please include the note: Donation for water pumping system.

Thank you all for your help.

Donate via PayPal

Wire Instructions

Ligmincha Poland, Al. Huberta 4, 08-470 Wilga
BANK PEKAO SA
IBAN: PL 77 1240 5963 1111 0000 4796 7584
Code BIC/SWIFT: PKOPPLPW

(if bank requires 11-character BIC/SWIFT code, then write PKOPPLPWXXX)



Ligmincha Learning Courses

Tsa Lung, Transforming Our Emotions, Treasures of Bon

Ligmincha Learning is offering several online courses through February 2023. These online 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.

Meditation, Breath and Movement

December 2-31, 2022

Tsa Lung is a series of ancient yogic practices that brings balance and harmony to our physical body, energy and mind. These exercises are easy to perform and are beneficial for everyone.

[Learn more/register](#)

Transforming Our Emotions Through the Six Lokas

January 6-February 25, 2023

At one time or another each of us suffer strong emotions that throw us off balance, causing us to act in ways that we later regret. The meditations of the Six Lokas remedy this situation, to help us live our



lives in a balanced and relaxed way.

[Learn more/register](#)

January 27-March 4, 2023

Treasures of Bon History, Lineage & Practices

Bon counts itself among the oldest spiritual traditions in the world. Its 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](#)

Upcoming: [Ngondro, The Foundational Practices](#), March 4-December 16, 2023

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



The Nature of Mind: Achieving Great Bliss Through Pure Awareness

GlideWing Online Workshop Begins January 7



GlideWing is pleased to offer Tibetan Meditation: The Nature of Mind, Achieving Great Bliss Through Pure Awareness, a three-week online workshop with Tenzin Wangyal Rinpoche from January 7-29, 2023. Participants will practice from their own homes, at their own schedule, with guidance from Rinpoche.

In this interactive course, Tenzin Wangyal Rinpoche guides you through five steps of a simple yet profound meditation practice. Each step permits you to progressively expand and deepen your state of conscious awareness, supporting you to let go of the conventional, ego-based identity that causes suffering and to discover and rest in your inner essence, the blissful reality of who you truly are.

[Learn more/register](#)

Upcoming: [The Truth That Sets You Free](#), February 11-March 5, 2023

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

Learn more at glidewing.com



Discovering Refuge Within

New 3 Doors Course Starts January 5



The 3 Doors will offer Discovering the Refuge Within: An 8-Week Meditation Journey, from January 5 through February 23, 2023. The online course, focusing on the foundational practices of stillness, silence, spaciousness and abiding in inner refuge, will be taught in English by authorized 3 Doors teachers Juanita Rockwell and Phil Tonne.

The new program was introduced this fall, with the opportunity to learn from new 3 Doors teachers from around the world, leading the course in their native languages. In October, a course was led by Tonny Maas of the Netherlands.

Both experienced practitioners and those new to meditation will find support in this course to integrate the benefits of meditation into everyday life. It could be a starting point, a refresher or a way of discovering beginner's mind if your practice feels stale or neglected rather than actively and openly experienced.

In this course, participants delve into meditation as a starting point to self-discovery, self-acceptance and expression of kindness in the world. They will explore deep and ancient teachings and practices that

allow us to meet ourselves with fresh perception. The wisdom methods that are shared, with the support of a small group of people, are doorways to wakeful discovery of one's true belonging in the world, even as we acknowledge the difficulties of the human journey.

As 3 Doors founder Tenzin Wangyal Rinpoche said in his book *Awakening the Luminous Mind*, *Meditation is a method of recognizing and being aware of the inherent completeness of each moment. It is not a matter of cultivating or finding something you don't have, but of being aware of what you already have.*

[Learn more and register](#)

New Self-Guided Courses from Marcy Vaughn

In addition, two of senior teacher Marcy Vaughn's online courses, *Igniting the Fire of Creativity* and *Embracing Death in the Inner Refuge*, are now available as self-guided, prerecorded courses to be purchased anytime and completed at your own pace.

[Learn more about Igniting the Fire of Creativity](#)

[Learn more about Embracing Death in the Inner Refuge](#)

For a full list of upcoming programs, visit [The 3 Doors website](#).



Recent Reflections of the Day

With Tenzin Wangyal Rinpoche



Tenzin Rinpoche continues to write frequent Reflections of the Day. As he explained when he began posting them last spring on Facebook: I try to share them here from a spacious, luminous, warm place in my heart. With each post, I pray: Whoever reads and reflects on these lines, may they benefit from them!

Don't let your mind age as your body ages. Allow your body to receive youthful energy from your eternal awareness.

If you wish to experience more healing space for the painful emotions in your life, learn to control others less and offer them more space.

Restrain yourself from acting impulsively. Rest quietly inside while breathing gently and deeply. This is a key to inner peace.

There is so much more to be learned from silence than from noise and chatter of others. But you need a silent ear through which to hear, and a silent mind through which to understand.

The best way to communicate and connect with others is to listen more than you speak.

Communication is not defined by how much we talk to each other but by how we touch the hearts of each other.

When you wake up each morning,
look at the sky and the light and feel the space and warmth in your heart.
Acknowledge all the gifts of your life.
How lucky and blessed you are!
Ask yourself: How am I going to bring these blessings to the lives of others?

Read more on [Rinpoche's Facebook page](#)



Student and Teacher

Together on the Path

In the following student questions from the recent A-tri Dzogchen retreat in Crestone, Tenzin Wangyal Rinpoche gives advice about the importance of resting, from our thoughts, our discomfort, our minds, during both practice and in our daily life.



Student: I have difficulty with being uncomfortable when I'm practicing zine (calm abiding). All the sensations and discomforts in my body are distracting me from being able to practice. Can you speak to that?

TWR: Sure. Regarding all the different kinds of discomforts that arise while sitting in practice, try not to be bothered by them; don't pay too much attention to them. It's okay to be aware of them. But often these kinds of common discomforts can be an excuse for you not to do the practice. That's why I want to bring this sense of enjoyment to our practice. Think about it. Think about the sense of enjoyment, the sense of its being like a game, like a challenge. The sense of fun! If

you look at it that way, then immediately your mood changes. Your energy changes. It becomes, *Okay, I'm ready for the next practice!* Rather than the familiar voice in one's head that that says, *Again?* [speaking with dread]

The truth is that whenever we have one negative thought followed by another, then that should be the time when with clarity we ask, *Again?* But we don't say that! Instead we say, *Of course I'll think those same old thoughts. I was occupied with them this morning, I'm thinking them now and I'm planning to be occupied with them all this afternoon.* We feel too comfortable with the painful, negative thoughts.

So these little discomforts that arise while practicing are normal, unless it's really something that really needs your attention. Otherwise most of what we experience in sitting is normal, and you can come to kind of enjoy the challenge of it.

Student: I have so many thoughts when I am trying to fall asleep. What advice can you give me?

TWR: Many people have difficulties with sleep. One of the things that helps: Just focus on the breath. Whatever tensions are there, breathe them out. Don't give up. Stay in bed. Don't turn on the light. Don't turn on your phone. Don't change your position too much. Maybe adjust it a little to be more comfortable, hug your pillow. And then focus on the breathing, and each exhalation. At the end of each exhalation [makes sound of long exhalation] you are going into sleeping mode. Maybe repeat it 10 times. You will drop off. The first time you practice this it might not work, but don't give up. Keep trying.

Look at how in the zine practice of calm abiding you are taking a break from your thoughts, or trying to. Sleeping is the same thing. It's a break that you are taking every night. The brain needs a break. That is the time that the brain is processing and clearing its waste. It's like for the whole night the building is getting cleaned of its garbage. In the morning you are fresh and clear. If you sleep well, that means the night shift is working well.

Student: I just wanted to share that I notice when I'm doing zine (calm abiding) I see that my thinking actually takes more energy than when I simply let go of thoughts.

TWR: Definitely. It's good to notice that. Thinking takes a lot of energy. Again, coming back to the idea of resting, probably one of the most important kinds of rests is not thinking, or thinking less. And then at other times, when you do have a thought, try to have a good thought. Life is wonderful, because in every given moment you can see the beauty of life, the gift of life, something positive there. The more you connect with those, then the more you are creating a space for positive energy. And the more positive energy you feel, the more you can share that positive energy with others, wherever it is needed. It helps.



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