

## THE VOICE OF CLEAR LIGHT

News and Inspiration from Ligmincha Institute

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For easy reading, we recommend that you print out "The Voice of Clear Light."

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"COMPASSION" - an excerpt from oral teachings given by Tenzin Wangyal Rinpoche, 2004.

We have a saying and it translates to something like this: "Having compassion is like trading places with another person." When you put yourself in the other person's place, then you'll naturally feel what is needed of you. That's exactly what compassion is! You can't have compassion without feeling the pain of others. If you are not able to sense others' pain then you are not able to cultivate

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compassion. It's always like this, not only for compassion, but also for acceptance, forgiveness, everything. The cultivation of these all begin with your having some real understanding of where the other person is.

However, we always cling to our particular point of view. When we judge something, or when we get angry at someone, it's always based on our own point of view. For instance, if someone close to you says, "You don't love me enough." Immediately your reaction might be, "What do you mean I don't love you enough? I've done this for you, I've done that for you. Can't you see? Just look what I have done for you." But who is it who's speaking? It's the "I" that is reacting. "I" has all the reasons why and how much "I" love you.

Regardless of what I may think rationally or logically, though, often it's beneficial in our relationships to try instead to feel directly what the other person is feeling in that situation - to change places with the other person. Go beyond the logic because logic isn't always enough. Even if one's logic is very good, it is still based

on one's own point of view. In this case, it would be better to connect directly with what the other person is feeling as "unlove." If you have even a glimpse of understanding - of that pain or suffering or confusion, then you are going to open up. We open our hearts. Anyone can open their heart when they get just a taste of that.

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#### RELATED EXCERPTS ON OPENING YOUR HEART

"OPENING YOUR HEART" - an excerpt from "You Have To Say Something" by Dainin Katagiri:

"For anyone living a spiritual life, the most important practice is openheartedness. But dealing with life with compassion and kindness is not easy. We tend to live in terms of 'me.' But if you're interested in the spiritual life, you will have to consider more than just yourself.

"All religions emphasize the importance of openness of heart. But very few of us actually practice it in our daily lives. So day after day, year after year, century after century, wise people point this out to us. They know how egotistical we are. But even one person practicing love and compassion is a great source of peace in the world.

"Whatever the future brings, we have to continue to seek a world based on the practice of openness of heart. Perfect openness of  
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heart brings into life flexibility, tenderness, and magnanimity. This can't be fully explained conceptually. You can't put your finger on it, but you can feel it. To live this way is what you're really looking for."

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From "Opening the Heart of Compassion" by Martin Lowenthal and Lar Short:

"Opening to other people is critical to our growth and happiness, as well as to the well-being of our community. Our emotional patterns arise and are played out daily in relation to others. To remove the process of discovery of aliveness from the social context of our lives is like trying to explore the beauty of an image by investigating a single dot. The idea is not to withdraw from the whole, but to realize the context of the whole through us.

"We often see ourselves in other people more readily than we do when we are alone. If we work only for our own liberation from suffering, we are unlikely to gain such self-knowledge. On the other hand, if we work to relieve the suffering of other people, then our own comes into perspective and our inner world opens from the closed system of self-preoccupation."

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From "Cultivating Compassion" by Jeffrey Hopkins:

"With wisdom and compassion working together, feelings of empathy and commiseration are built on the strength of valid realization of the nature of persons and things, and analytical intelligence is warm to the feelings of both oneself and others. For the time being, these two sides have to balance each other, but in the end they are so intertwined that they are indistinguishable. Other-concern makes happy sense."

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From "A Heart as Wide as the World" by Sharon Salzberg:

"When we look at others, we see ourselves as well; when we look within ourselves, we discover all beings and all things in the universe. Every event, every entity, every mind-state, every experience we have is born out of a web of interconnectedness. We ourselves are born in every moment out of a web of interconnectedness. A vast multiplicity of causes come together, ceaselessly, to produce what we call ourselves, what we call life."

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#### SOURCES

Hopkins, Jeffrey. "Cultivating Compassion." New York: Broadway Books, 2001.

Katagiri, Dainin. "You Have To Say Something." Edited by Steve Hagan. Boston: Shambhala Publications Inc., 2000.

Lowenthal, Martin and Lar Short. "Opening the Heart of Compassion." Boston: Charles E. Tuttle and Co., 1993.

Salzberg, Sharon. "A Heart as Wide as the World." Boston: Shambhala Publications Inc., 1997.

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#### TSA LUNG TRUL KHOR RETREAT ANNOUNCEMENT:

"Introduction to Trul Khor - Body, Breath and Mind"

November 10-14, 2004, with Alejandro Chaoul-Reich, at Serenity Ridge.

Tsa lung, Trul khor, or "magical movement, channels and vital breath" is a distinctive Tibetan practice of physical yoga that includes the essential components of breath, awareness and mental concentration.

This five day retreat provides an in-depth exploration of the energetic dimension that is composed of the body's subtle channels (tsa), the vital breath (lung, prana, qi) that circulates through them, and the subtler aspects of the mind (tiple). Through these practices participants will explore the effects that the channels and vital breath have on one's state of mind, along with their correlation to the five elements (earth, water, fire, air, and space).

By harmonizing the vital breath and guiding its flow through the physical and energetic dimensions, Tsa lung Trul khor is a powerful

practice that can clear long-held blocks in the practitioner's body, energy, and mind. Tsa lung Trul Khor supports the spontaneous arising of awareness during formal meditation and in everyday life.

Tsa lung Trul khor is a wonderful support for all spiritual practitioners, not just for those with an interest in physical yogas. This introductory retreat is open to everyone and is the foundational course for, and prerequisite to, the Tsa lung Trul khor training that will begin in the spring of 2005. It is not necessary, however, to commit to the entire program or to have previous experience with Tsa lung Trul khor in order to attend the introductory retreat in November 2004.

Alejandro Chaoul-Reich is a senior student of Tenzin Wangyal Rinpoche

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and has studied and practiced with many great masters of the Bon tradition, including Yongdzin Tenzin Namdak Rinpoche, in Nepal, India and United States since 1991. He also teaches meditation to cancer patients and their supporters and is involved in research using Tsa lung Trul khor with cancer patients at the University of Texas MD Anderson Cancer Center in Houston. Alejandro is a PhD. candidate in Tibetan Religions at Rice University.

Register for this retreat by Sept. 8 for the early-bird price of \$300, or by Oct. 11 for \$350 or after Oct. 11 for \$400. Contact Ligmincha at: (434)977-6161 or e-mail: [ligmincha@aol.com](mailto:ligmincha@aol.com).

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#### NEWLY AVAILABLE AT LIGMINCHA'S STORE

"New Horizons in Bon Studies" edited by Samten Karmay and Tasuhiko Nagano. Hardback, 738 pages. Price: \$85.

This is an Indian reprint of a book that was originally published in 1999 in Japan, and is the second in a series on Bon Studies, the first of which is the book, "Mandalas of the Bon Religion," co-edited by Lopon Tenzin Namdak Rinpoche. "New Horizons in Bon Studies" has a variety of articles that were originally presented at a Symposium by the same name as the title hosted by the Ministry of Education in Japan. The major headings are as follows: "Bon and its Relationship to Buddhism," "Dzogchen Doctrines," "Myths and Rituals," "Monasteries and Lay Communities," and "Bon in a Wider Context." Contributors include: Samten Karmay, Per Kvaerne, Dan Martin, Donatella Rossi, Anne Klein, among many other distinguished scholars of Bon.

REMINDER: The Dzogchen text that will be taught by Yongdzin Tenzin Namdak Rinpoche (Lopon) during the second portion of the upcoming fall retreat is available at Ligmincha's Bookstore. This text "Heartdrops of Dharmakhaya," is a text by Shardza Tashi Gyaltsen with translation and commentary by Lopon Tenzin Namdak Rinpoche, published by Snow Lion Publications in 1993.

You can visit the online Ligmincha Institute Bookstore at:

www.ligminchastore.org or you can call toll-free: (866)522-5269 or by  
e-mail: orders@ligminchastore.org.

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VISIT THE BEAUTIFUL NEW CHAMMA LING WEB SITE.

You can visit the web site for Chamma Ling at:

<http://www.chammaling.org/>

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The web site gives us a connection to Chamma Ling (Land of the Loving Mother) Retreat Center, the land in the Colorado Rocky Mountains, generously granted by the Manitou Foundation a few years ago to Tenzin Wangyal Rinpoche and Ligmincha Institute. Founded in 2002, Chamma Ling is in its early stages of development. Rinpoche's vision for Chamma Ling is as a simple place of solitary retreat, enriched by the awe-inspiring natural surroundings of the Crestone area. There are beautiful photos on the web site giving us a glimpse of this amazing land as well as the design plans for dark retreat cabins, a small teaching hall and lama's house, not to mention a couple of great shots of Rinpoche!

The web site also provides us with information about retreats to be held there in nearby Crestone. This month there will be a retreat on "Chod: Cutting Attachments and Transforming Fear" from September 23-26, with Tenzin Wangyal Rinpoche. You can still register to attend this retreat. Details about this retreat as well as an online registration form can be found on the web site. Please note that the on-site registration/check-in times currently shown on the On-line Registration Form reflect a change since the flyers were mailed out.

The correct check-in registration times are:

Wednesday evening Sept. 22 from 7 PM to 9 PM

Thursday morning, Sept. 23 from 8 AM to 8:30 AM.

Thanks to all of those who worked to make this beautiful web site available and to all of those working on the development of the Chamma Ling Retreat Center!

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SANGHA POETRY

Calm Winds

Patterns changing,

stormy clouds

and then blue skies,

Branches sway,

pine needles fly.

The path became clear

upon contemplation.

I was awakened by a poem

that spoke of cutting through.

In my dream,  
free of fear, you  
pacified demons without second thought

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breathing enlightenment,  
grasping stopped.

I watched for a while

and then

with open heart I chopped it up,

and drank my ego from a cup.

In celebration,

Machig struck the match and

I offered myself upon the pyre

in exchange for liberation.

Reborn as love,

arising from the ashes,

Fully protected,

my sword was faith,

the power of my intention.

Bodhicitta shines rays in all directions

compassion supplicates

and the bonds of samsara break

Demons and gods both dissipate.

Clear sky above

amidst the changing patterns

the winds were pacified

upon contemplation.

- Patricia Bukur

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For more information about Ligmincha Institute, the teachings of Tenzin Wangyal Rinpoche, or retreats at

Serenity Ridge or our regional centers, please contact us:

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For books, tapes and transcripts of teachings by Tenzin Wangyal Rinpoche as well as other books and items supportive to Bon and Buddhist practice, please visit the Ligmincha's Online Store at [www.ligminchastore.org](http://www.ligminchastore.org) or contact the Ligmincha Store at 434-220-0060 or [orders@ligminchastore.org](mailto:orders@ligminchastore.org).