

## 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."

To access an archive of previous issues, visit [www.ligmincha.org](http://www.ligmincha.org).

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"FINDING FREEDOM THROUGH A CHANGE IN FOCUS" – excerpts from Tenzin Wangyal Rinpoche's book "Tibetan Sound Healing"

There is a considerable amount of power related to where we focus our attention. Every time we dislike something and struggle with a situation, a person, our own health, or even our own identity, we focus on the negative. The experience is negative. We often continue in this way instead of finding another solution. We are trapped. "Why am I feeling this?" "Why is this person doing this?" We continue on and on. What's the point of repeating these thoughts? If we are saying a mantra, we repeat it to accumulate the positive result of the mantra. There is power in the accumulation. But repeating, "Why am I always doing this?" or "Why is this person always acting like this?" is not only asking the wrong questions, but continues to solidify a sense of problem, especially when we repeat them more than three times!

Repeating the same question over and over is the result of the restlessness of no awareness and no solution. When we ask the same question again and again, we will find the wrong answer. Even if the question is a good one, if we are asking it from the wrong space, the result will not be good. In this practice of the Five Warrior

Syllables, we are focusing on the space or focusing on the energy or focusing on one of the Four Immeasurable qualities. Focus on anything except the tired, negative pathway of your repetition of a problem. If you are able to do that, then positive changes are possible. A very common problem is not recognizing that we need to change our focus altogether.

Perhaps you have heard this familiar advice: "Let go. Just let go."

There is wisdom in it. But perhaps you have not completely discovered

that wisdom. When we say, "Let go," we usually focus on what is going rather than what is revealed when you let something go. By always focusing on the object or problem, the wisdom is not discovered; it is overlooked, and therefore it remains obscured.

So we come back to simply being. What could it mean to be? Don't think about a problem for the moment. Don't occupy yourself for this moment. Just get out of the familiar system of worry altogether.

Breathe. Feel whatever is in this moment. If the sky is clear and the sun is shining, the only way to have a complete experience of this is if the mind is clear. Otherwise, no matter how beautiful the weather is, our internal experience is cloudy. You sit in the park on a beautiful, clear day with a completely cloudy mind. You are sitting on your karmic cushion, the very familiar, all too comfortable, habitual cushion of your habitual thoughts.

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It is quite useful to think of the Four Immeasurables as doorways inward to our deepest essence and also as doorways outward through which we express virtue and goodness in the world. Through them we enter the center of our being, the union of openness and awareness. They support us to recognize and rest in the nature of being. This is the wisdom aspect. It is wisdom that cuts suffering. I often describe wisdom as openness. Openness is the sword that cuts ignorance, the root of suffering. Through the openness of our being, through the inseparable state of openness and awareness, we spontaneously express the qualities of enlightened energy in the world.

Are you happier when you rest in the inseparable state of space and awareness? Absolutely! You will be happier if you abide in this way. You connect with presence, potential, flow. You experience fewer blocks. Most of us would agree that joy is connected with the experience of freedom. The ultimate sense of freedom is a mind unbound by conditions. Most of us do not experience our mind unbound by conditions, or we do not recognize this open state. We usually only recognize freedom when a block we have experienced releases. The experience of feeling free is wonderful, because the flow that was previously blocked is now cleared.

Every time someone blocks your flow you suffer. The beauty of life is in the flow. I am using the word flow to refer to the inseparable state of emptiness and clarity. A traditional word used to describe the experience of the inseparable state is bliss. When openness and awareness are there, we experience bliss; from this bliss, all positive qualities spontaneously manifest. This is referred to as spontaneous perfection: perfection that is already there.

"Tibetan Sound Healing," by Tenzin Wangyal Rinpoche and edited by Marcy Vaughn, is available online at Ligmincha's Tibet Shop. The cost is \$19.95. For order information, please go to [www.ligminchastore.org](http://www.ligminchastore.org) and click on "search by category or description" and then click on "New

items." Or, go directly to:

<http://www.ligminchastore.org/detail.asp?productid=331>

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## A CONVERSATION WITH TENZIN WANGYAL RINPOCHE ABOUT HIS BOOK "TIBETAN SOUND HEALING"

Voice of Clear Light: Would you recommend any preliminary practices to help us move beyond the mere conceptual understanding of "Just be" and into an actual sense of resting in the space of being?

Tenzin Wangyal Rinpoche: The nine breathings of purification and tsa lung are wonderful supports. But simply taking deep breaths, simply being in nature, simply doing something that you really, really love to do, these are all good methods for getting closer to yourself. A student recently told me that what he really loved to do was to watch the birds as he would feed them. It's true that for some, a simple activity like feeding the birds brings them very close to being. So when you find yourself in a particular situation that brings you very close to the space of being, then stop for a moment and see if you feel the openness of that space more as a quality that resides within you, rather than associating it with the external activity of feeding the birds, for example. Just rest there and recognize that the spacious quality is also present in the absence of action. With practice you'll see that you can bring that presence into many other kinds of activities.

VOCL: You speak of a deep trust that arises naturally in one's self with this practice of the Five Warrior Syllables. In what ways might this sense of trust unfold within one's life off the meditation cushion?

Rinpoche: For example, you might be thinking, "I don't have confidence in finding a love relationship." Often people want to find a nice looking guy or a nice looking woman with certain qualities and not others. And then all they see is the failure of not finding such a person. I am offering a different orientation with this practice, one in which you look back within yourself and go to your source, your root, your base, your nature, and you feel a connection to that. Connect to that, abide in that and ripen that connection. And through that you develop a familiarity with your base, a confidence and certainty in that base. From there this confidence manifests outward. It manifests in the way you feel about yourself; it manifests in the way you gesture; it manifests in the way you speak; it manifests in the way you hold yourself and in the way you hold others. Resting there, you'll naturally attract people in a completely new sense. Can you see that? You are no longer dependent on a certain outcome, on something outside you to be complete. And because you're not dependent on the outcome or on something external, everything is available there.

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SERENITY RIDGE SCHEDULE, FALL-WINTER 2007

Sept. 12-16

Tibetan Yoga: Tsa Lung Trul Khor

Introduction to the Harmony of Body, Breath & Mind

with Laura Shekerjian

Oct. 10-14

Annual Fall Retreat

Fear and Attachment: Doorways to Liberation

The Practice of Cho from the Mother Tantra of the Bon Tradition

with Geshe Tenzin Wangyal Rinpoche

Nov. 7-11

Dzogchen Teachings From the Bon Tradition

with Khenpo Tenpa Yungdrung Rinpoche

Dec. 27-Jan. 1

Annual Winter Retreat

The Experiential Transmission of Zhang Zhung

Completion of the Cycle

with Geshe Tenzin Wangyal Rinpoche

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Sept. 12-16, 2007

Tibetan Yoga: Tsa Lung Trul Khor

Introduction to the Harmony of Body, Breath & Mind

with Laura Shekerjian

Tsa lung trul khor, or Magical Movement, Channels and Vital Breath, is a distinctive Tibetan practice of physical yoga. Its vigorous exercises are a wonderful aid to meditation practice, supporting an open, clear and stable experience of abiding in the natural state of mind.

During this five-day retreat you will learn postures and movements that harmonize the vital breath (lung, prana, qi) and guide its flow through your body's physical and energetic dimensions. By helping to clear longstanding blocks in your body, energy and mind, tsa lung trul khor facilitates the spontaneous arising of unclouded awareness in meditation practice and in everyday life. As such, this powerful practice is an excellent support for all spiritual practitioners, not just for those with an interest in physical yogas.

This introductory retreat is designed as a complete teaching for everyone from beginners to experienced practitioners. Although it serves as a prerequisite for ongoing training in the tsa lung trul khor program, you need not commit to the entire program to attend this retreat.

Retreat cost (includes meals; accommodations are available):

\$300 received by Aug. 8; \$350 received by Aug. 22; \$400 received after Aug. 22

LAURA SHEKERJIAN is a student of Tenzin Wangyal Rinpoche and has studied Tsa Lung Trul Khor for many years with Alejandro Chaoul, and more recently with Ponlop Trinley Nyima. Laura is a psychotherapist in Berkeley, California, and teaches at John F. Kennedy University and the

California Institute of Integral Studies.

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## LIGMINCHA COUNCIL NEWS

By Candace Byers, Director of Fund-Raising

### OUR ANNUAL FUND-RAISING AUCTIONS

This summer we will continue the tradition of having a Silent Auction during the first week of summer retreat. This year the Silent Auction will feature items purchased in India during travels with Geshe Tenzin Wangyal Rinpoche and Geshe Thubten to view the Lishu Institute land in Dehra Dun. There are silk saris, as well as cashmere, pashmina and silk shawls. There are beads and more shawls from Kathmandu, malas made by sangha members, silver jewelry made in India, and earrings and gaus galore. Remember that it all goes toward paying off our mortgage on the new dorm.

### THE LIVE AUCTION WILL BE FRIDAY, JULY 13

We have so many interesting items. There is a copy of the book The Lamas of Tibet. It contains photographs of all the living Tibetan masters, with nearly every portrait personally signed by the master himself, including the Dalai Lama. (See below.) In addition, we have a beautiful soul stone and an illuminated copy of the Tummo text, designed by a sangha member.

These two auctions are our major fund-raisers each year. This year all proceeds from the auctions will go toward paying off our mortgage on the new Garuda House dorm. We will have more information about how much money we raised during the auctions in the next brochure.

Ligmincha Institute is a 501(3)(c) non-profit organization. Donations are tax deductible. We appreciate and continue to rely on your donations to continue the development of our retreat center. If you would like to make a tax deductible donation to the Garuda House construction project please contact Ligmincha's director of fundraising, Candace Byers, at 203570-7320. Those donating by Dec. 31, 2007, will receive a letter of acknowledgement from Ligmincha for the 2007 tax year.

### GARUDA HOUSE HAS ITS SECOND WING.

This is your new residence while you are on retreat at Serenity Ridge. Both inside and out the new wing of Garuda House provides a lovely, supportive environment for our sangha in its gardens, guest rooms and lounges. There are more single guest rooms; there are lovely public bathrooms; there is a Tibetan silent contemplation room; there is a room for practitioners of the healing arts to offer their services to sangha members. The two lounges in the old wing have been tidied up to provide more relaxing space. The new wing was designed and nursed through the construction phase by Norman Dill leading the committee of Lee Hartline, John Massie and Candace Byers, along with the construction team from Abrahamse and Company and architect Marti Rowan. A base coat of paint was applied to all interior walls and woodwork

during a three-day painting retreat in April through the hard work of Tenzin Wangyal Rinpoche and sangha members from near and far - saving Ligmincha about \$20,000 in finishing costs! (Thank you to everyone who came to help, it was a great success.)

#### RUBIN FOUNDATION GRANT FOR THANGKA PAINTER

This summer renowned thangka painter Kalsang Nyima will be joining us both to participate in the summer retreat and to create thangkas as support for the Tummo practice. All the expenses for his trip, work and art supplies have been funded through a grant from the Shelley and Donald Rubin Foundation in New York. We are so grateful for the foundation's support and interest in Ligmincha Institute.

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#### SPECIAL ITEM AVAILABLE FOR LIGMINCHA'S UPCOMING FUND-RAISING AUCTION!

Available for Absentee Bids:

Book Signed by Tibetan Spiritual Masters

At a July 13, 2007, fund-raising event at Ligmincha Institute's retreat center in Nelson County, Va., many wonderful items will be auctioned off. Among them is an irreplaceable book, "The Lamas of Tibet: The Ancient Wisdom of Nalanda," by Melina Mulas, published by 5 Continents Editions, Milano.

What makes this copy of the book particularly special is that nearly all of the 66 living Tibetan Buddhist and Bon masters whose striking portraits grace its pages have personally penned their signatures in the book. Included are signed photographs of Bon, Gelugpa, Kagyu, Nyingma and Sakya masters, including His Holiness the 14th Dalai Lama as well as (from the Bon Buddhist tradition) His Holiness Lungtok Tenpai Nyima Rinpoche, Yongdzin Tenzin Namdak Rinpoche and Ponlop Trinley Nyima Rinpoche.

"The Lamas of Tibet" also includes a brief history of Tibet, sections on Tibetan Buddhism and the Bon tradition, and a conversation with Venerable Jetsun Tsering Paldron.

This copy of the book accompanied the travels of Bon Buddhist master Tenzin Wangyal Rinpoche, spiritual director of Ligmincha Institute, while he was engaged in founding Lishu Institute, a new center in India where Westerners can engage in intensive short- and long-term study of Tibetan Bon Buddhism.

This extraordinary book will be offered on July 13, 2007, at the annual Summer Auction at Ligmincha's Serenity Ridge retreat center in Nelson County, Va. The cut-off date for absentee bidding will be Monday, July 9. Retreat attendees will be able to make their bids in person. To make an absentee bid, please contact Candace Byers at [CandaceB108@aol.com](mailto:CandaceB108@aol.com) or 203-570-7320. Please supply your full name, email address, phone number, address, method of payment, and bid amount. Please do not provide your credit card number via email.

Feel free to forward this announcement to anyone you believe may be interested. All proceeds from the sale of this book and other auction

items will go toward funding the construction of residential guest accommodations at Ligmincha's Serenity Ridge Retreat Center. For more information about Ligmincha Institute, Geshe Tenzin Wangyal Rinpoche and the Tibetan Bon Buddhist tradition, please visit [www.ligmincha.org](http://www.ligmincha.org).

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#### NEW ITEMS AT LIGMINCHA INSTITUTE BOOKSTORE AND TIBET SHOP

To read descriptions and see photographs of the newest items at Ligmincha Institute's Bookstore and Tibet Shop and for order information, please go to [www.ligminchastore.org](http://www.ligminchastore.org) and click on "search by category or description" and then click on "New Items." Or, go directly to:

<http://www.ligminchastore.org/items.asp?CategoryID=16&SubCategory=0&Submit=Search>

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A SELECTION OF SOME OF OUR NEW THANGKAS (recent arrivals from Kathmandu):

Red Garuda

Dream Khandro

Sherab Chamma painted in 24 kt. gold, smaller size thangka

Ma Gyu painted in 24 kt. gold, smaller size thangka

Tapihritsa

Tapihritsa together with Nangzher Lopo

MEDITATION CUSHION:

Inflatable meditation cushion (zafu) – great for travel! Available in navy, black and burgundy. \$26 - \$29.