

THE VOICE OF CLEAR LIGHT - Special Announcement Issue
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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VIEW LIVE VIDEO TEACHINGS BY TENZIN WANGYAL RINPOCHE, RECORDED WED., NOV. 19
On Wednesday, Nov. 19, Geshe Tenzin Wangyal Rinpoche gave his second live Internet teaching of 2008 and his first to be broadcast by live streaming video. The approximately 90-minute broadcast was recorded and can be viewed by going to www.ligmincha.org. Click on the first "Headlines" item and follow the link to the video recording page. Rinpoche taught and guided the tsa lung practice during a public talk at Ligmincha Institute's meditation center in downtown Charlottesville, Va.

UPCOMING RETREATS AT SERENITY RIDGE RETREAT CENTER

The retreats described below will all take place at Serenity Ridge, Ligmincha Institute's retreat center in Nelson County, Va. To register, or for more information about teachings in the Bon Buddhist tradition of Tibet, please visit www.ligmincha.org or contact us at Ligmincha@aol.com or 434-977-6161.

March 5–8, 2009

Healing Through Love and Wisdom: The Practice of Sherap Chamma
With Marcy Vaughn

In many cultures the primordial female energy is seen as the origin of existence. As such, Sherap Chamma, Wisdom Loving Mother, is the source of wisdom, and her medicine is love and compassion. The teachings of Sherap Chamma comprise one of the most important tantric cycles of the ancient Bon Buddhist tradition of Tibet.

In this retreat, participants will learn a beautiful and simple meditation practice enabling each to directly connect with the divine feminine energy. Within the support of the group, we create an environment to promote profound healing of the physical, energetic/emotional, and spiritual dimensions of life. Through visualization, the sound of mantra, and deep silence, the practice of Sherap Chamma guides each person to deeply connect with his or her innate wisdom and with the love and compassion that naturally radiate from that wisdom. Beginning and experienced meditators are warmly welcomed.

Marcy Vaughn has been a practitioner of Tibetan Buddhism and Bon for more than 35 years. A senior student of Tenzin Wangyal Rinpoche, she serves as the director of practice and study for Ligmincha Institute. Marcy is the editor of Tenzin Wangyal Rinpoche's recent book "Tibetan Sound Healing." She graduated in the first class of the master's program in contemplative psychotherapy at Naropa University, and is a therapist in private practice in Bala Cynwyd, Pa. Marcy teaches mindfulness-based stress reduction in the University of Pennsylvania's Program

in Stress Management, and she trains therapists in the clinical use of imagery.

Earlybird registration: \$275 by January 22

Regular registration: \$325 after January 22

For information or to register:

https://www.ligmincha.org/component/option,com_retreat/Itemid,131/retreat_id,33/

April 15-19, 2009

Riding the Wind Horse of Good Fortune: Increasing Your Inner Strength and Prosperity Through the Wind Horse Practices of Tibet

With Geshe Tenzin Wangyal Rinpoche

During these troubled times on earth, many of us are suffering from limited support not only from the human realm but also from the world of nature and the spirits. The ancient Tibetan rituals of the wind horse provide a way to communicate clearly and directly with the spirits of nature in order to gain their support and raise our prosperity, personal power and good fortune. This April at Ligmincha Institute's Serenity Ridge retreat center, amid the mountains of central Virginia, Geshe Tenzin Wangyal Rinpoche will teach shamanic rituals that Tibetans have practiced for thousands of years and which have their origins in the Bon tradition, the indigenous spiritual tradition of Tibet. This is an opportunity for participants to gain knowledge of practices such as Sang Cho and the raising of prayer flags, while intimately connecting with and raising the uplifting qualities and energies engendered by these powerful rituals. In his 20 years of living and teaching in the West, Tenzin Rinpoche has become renowned for his ability to convey the ancient wisdom of Bon

Buddhism in a way that is immediately relevant, inspiring, and applicable to the needs of modern Western students. Tenzin Rinpoche invites both new students and those who have already participated in these rituals to join him at Serenity Ridge at this annual spring healing retreat. Earlybird registration: \$450 by March 4 Regular registration: \$525 after March 4

For information or to register:

https://www.ligmincha.org/component/option,com_retreat/Itemid,131/

OTHER 2009 RETREATS — full details to be posted soon at Ligmincha.org:

* April 29- May 3, 2009 : 'The Six Lokas Purification Practice,' with Khenpo Tenpa Yungdrung Rinpoche

* June 3-7, 2009: 'Experiential Transmission Part 1: Ngondro' with Ponlop Trinley Nyima Rinpoche. Note: Participants at this retreat will be eligible to attend Geshe Tenzin Wangyal Rinpoche's teachings on Part 2 of the Experiential Transmission at the 2009 annual Winter Retreat.

* June 28-July 18, 2009: 'A-Khrid Dzogchen' — 17th annual summer retreat with Geshe Tenzin Wangyal Rinpoche.

* Oct. 7-11, 2009: 'Powa' — annual fall retreat with Geshe Tenzin Wangyal Rinpoche

FOR MORE INFORMATION about teachings in the Bon Buddhist tradition of Tibet, visit www.ligmincha.org.

QUESTIONS? Email us at Ligmincha@aol.com, or call 434-977-6161.

LISHU CONSTRUCTION PROJECT IN INDIA RECEIVES SUPPORT FROM HIS HOLINESS THE DALAI LAMA

In late October Tenzin Wangyal Rinpoche traveled with students from all over the world for

blessing and opening ceremonies and to offer the first international teaching near the Lishu site in India. He's launching a major construction project that will permit dedicated Western students to study intensively at a new, 100-student facility in northern India. The project was recently endorsed by His Holiness the 14th Dalai Lama and the Department of Religion & Culture of the Central Tibetan Administration of His Holiness the Dalai Lama.

For the complete story visit:

<https://www.ligmincha.org/news-releases/major-initiative-launched-to-preserve-ancient-indigenous-culture-of-tibet.html>

NEW ITEMS AT LIGMINCHA'S BOOKSTORE AND TIBET SHOP

To see the newest items at Ligmincha Institute's Bookstore & Tibet Shop, visit

<https://www.ligmincha.org/store/by-type/new-items/view-all-products.html?practice=0>

Calendar:

* Ligmincha Institute's 2009 Wall Calendar: Trip to Tibet with Geshe Tenzin Wangyal Rinpoche. \$18.95

Books:

* "Bo & Bon: Ancient Shamanic Traditions of Siberia and Tibet in Their Relation to the Teachings of a Central Asian Buddha" by Dimitry Ermakov. Softcover, 827 pages. Price: \$45

* "Bon: The Magic Word" edited by Samten G. Karmay and Jeff Watt. Hardcover, 231 pages. Price: \$75

Clothing:

* Hooded sweatshirt with the Tibetan word for "Compassion" on the front in calligraphy by Geshe Tenzin Wangyal Rinpoche. \$38

Photographs:

* New photo of Geshe Tenzin Wangyal Rinpoche taken by Janine Guldener. 4x6, \$4; 5x7, \$6; 8x10, \$10

Cards of Deity Images:

* New! Khandro of the Dream Yoga practice. With a written description on the iconography of the image on the back of the card. \$4

* Khandro of the Sleep Yoga practice. With a written description on the iconography of the image on the back of the card. \$4

* Yeshe Walmo wallet-sized card. \$2.50

* Sherap Chamma wallet-sized card. \$2.50

Kits for Sur Chod and Sang Chod:

* One kit includes an abalone shell, one package of Swift Lite charcoal, and crushed juniper. \$24

* The second kit includes a bronze chalice, sand, one package of Swift Lite charcoal, and crushed juniper. \$35

Ligmincha Institute's BOOKSTORE & TIBET SHOP Visit our online store,

www.ligmincha.org/store, for: * A unique selection of books on Tibetan Buddhism, both new and hard to find * Transcripts and audio CDs of teachings by Tenzin Wangyal Rinpoche and other Bon lamas * Ritual items: traditional bells, drums, incense, malas, singing bowls, butter lamps and prayer flags * Gift items: earrings, pendants, handmade journals, traditional Tibetan-style shirts and coats, Tibetan music CDs * Wall hangings, thangkas and statues * Meditation cushions and Tibetan rugs Ligmincha Institute's Bookstore & Tibet Shop

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