

Teaching Issue

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Big News From Ligmincha

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Letter From the Editors

Dear Friends,

This December issue of *Voice of Clear Light* features some very special announcements and important news items that we don't want anyone to miss. Some are listed in this letter, some are described in more detail elsewhere in this issue.

First, don't miss the live webcasts tomorrow and on New Year's Day with Geshe Tenzin Wangyal Rinpoche (see below). Rinpoche's letter to the sangha in this issue gives some surprising personal news from him and his family. Also in this issue: an update with the latest news from Three Doors Academy; plus announcements about help-wanted positions at Ligmincha Institute, new international Website plans, and a brief film clip not to be missed! Be sure to see the excerpt from Tenzin Wangyal Rinpoche's beautiful new book *Tibetan Yogas of Body, Speech and Mind*, which heads this issue.

More big news: 2012 marks Ligmincha Institute's 20th anniversary! A number of very special events are being planned throughout 2012 at Serenity Ridge. Stay tuned for more plans.

Here are some important upcoming events — be sure to mark your calendars:

- **On Wednesday, Dec. 14, 2011, 7-8:30 p.m. Eastern Time** there will be a free live webcast with Tenzin Wangyal Rinpoche on 'Unleashing Your Creative Energy.' This will be broadcast during a free public talk offered in partnership with Unity Church, Charlottesville.

[More details / enter the broadcast site >](#)

- **On New Year's Day (Jan. 1, 3:30 p.m. Eastern Time)**, Tenzin Rinpoche will give another live webcast for our Internet audience only. He will deliver a special message for the New Year, and may also guide a meditation practice.

New:

Live translation into French as well as Spanish may be available Jan. 1 via links on the broadcast page.

[More details / enter the broadcast site >](#)

- **Beginning Jan. 14, 2012**, Rinpoche will host a three-week interactive online course on "Awakening the Sacred Body." For more information visit: <http://www.glidewing.com/>

- **On Jan. 16, 2012**, registration will be open for the 20th Annual Summer Retreat. The dates of the 2012 retreat are June 24 through July 20. Rinpoche will be teaching on "A View From the Heart: Purifying Your Vision Through the Practice of the Six Lamps (Part 2)." Come for one, two, or all three weeks. No prerequisite, newcomers welcome. Beginning Jan. 16, visit Ligmincha.org to learn more or register.

- **During the month of January**, *Tricycle Magazine* has invited Tenzin Wangyal Rinpoche to host a book-club discussion on *le's* *Tricyc*

Website related to his latest book,
Tibetan Yogas of Body, Speech and Mind.
For updates on this free month-long event,
[visit Tricycle's website >](#)

You can purchase the book in advance from our
[Tibet Shop >](#)

- **On Feb. 18-19, 2012**, there will be a one-and-a-half-day conference at Serenity Ridge on 'New Dialogues Between Buddhism and Science' with Geshe Tenzin Wangyal Rinpoche and a panel of academic presenters. [Learn more >](#)

- **On Feb. 25, 2012**, Ligmincha Institute and Tenzin Wangyal Rinpoche will host a Tibetan New Year (Losar) celebration at Serenity Ridge! As soon as details are available, they will be posted at Ligmincha.org

- **Beginning in May 2012**, Ligmincha will be offering an exciting new training program in Soul and Life Force Retrieval. This will be a two-year-certificate program with training sessions offered at Serenity Ridge in the spring and fall of 2012 and 2013.

[Learn more and apply for the program now >](#)

- **On Oct. 13 – Nov. 9, 2012**, the Third International Lishu Retreat will be held near Dehradun, India. His Holiness Lungtok Tenpai Nyima Rinpoche and Tenzin Wangyal Rinpoche will be among those officiating during this month of study and practice. You can attend for two weeks or for the entire month. [Learn more >](#)

- **Rinpoche's 2012 worldwide schedule** is now up [on Ligmincha's website >](#)

Lots of news and lots to be thankful for this season. In 2012, Jeff and I will be celebrating 10 years as editors of *VOCL*! Yay, and thanks to all those who help make *VOCL* happen, especially Polly Turner, Dave Liden, Sue Davis-Dill, and all the wonderful others whose voices from the heart inspire us, especially our teacher Tenzin Wangyal Rinpoche.

In Bon,

Aline and Jeff Fisher



The Doorway of Mind

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An Excerpt From *Tibetan Yogas of Body, Speech and Mind* by Tenzin Wangyal Rinpoche

Just as the body has a clear and eternal aspect and speech a perfected and ceaseless aspect, so the nature of mind is radiant and undeluded. Undeluded mind is always clear with the presence of light. Clear refers to the empty, spacious, unchanging aspect of mind; light to the mind's unceasing quality of self-awareness. The clear light of your mind's nature has never been minimized or obscured by thoughts or emotions. In every given moment, the doorway to this clear, luminous mind is there for you. In the most confused moment, the most annoyed moment, the most emotional moment, the door is always there. It is a question only of knowing

where the doorway is and entering it.



When speaking of mind as a doorway, it is important to understand the distinction between *mind* and *nature of mind*

. The mind we are most familiar with is the “pain mind,” the one busy with concepts, thoughts, judgments, fantasies, emotions, and images. The conceptual mind has a dualistic vision of our existence – it identifies as the subject versus object, me versus not me, mine versus not mine. What it wants and desires, it grasps at; what it fears or dislikes, it pushes away. It is constantly comparing good with bad, right with wrong, important with unimportant, attractive with unattractive.

Any thought can manifest in the mind. But when the mind stops thinking and instead turns inward and nakedly observes itself, observing the observer, mind liberates into its own nature like clouds dissolving into the sky or waves dissolving into the ocean.

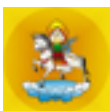
The nature of mind is rigpa, pure nondual awareness. It is the absence of thought. It is neither virtuous nor nonvirtuous, substantial nor insubstantial. It has unlimited potential to manifest. Its essence is one with the essence of all that exists. Rigpa is sometimes likened to a mirror: just as reflections come and go without leaving the slightest trace on the mirror’s surface, so do all experiences, memories, emotions, and mental images arise and dissolve in our mind without leaving a trace in the nature of mind.

When the nature of mind is unrecognized, it manifests as the moving mind. When known directly, it leads us to liberation. It *is* liberation. It is undeluded and radiant like a crystal – like the nirmanakaya, the movement of energy that arises from open awareness, the inseparability of emptiness and clarity.

No matter how confused or emotional the mind is, the mind's nature is always clear, pure, and undeluded. That is why entering the path to liberation is only a matter of our finding a doorway to what is already in us. If we have the right eye to see with, that is the doorway to wisdom. If we look with the wrong eye, we see only deluded objects and will not discover the undeluded mind.

* * *

You can order Rinpoche's newest book, Tibetan Yogas of Body, Speech and Mind, from [Ligmi ncha Institute's Bookstore and Tibet Shop >](#)



A Letter From Rinpoche

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Some Moving News!



Meeting Our Needs for the Future

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A Year-End Message From Geshe Tenzin Wangyal Rinpoche

Dear Sangha and other friends of Ligmincha,

There have been a lot of challenges this past year in the world, both globally and on an individual level. By finding inner refuge in our regular meditation practice, we are continually helped, protected and guided as we face these challenges. We can all feel grateful for having this source of support and protection.

Here at Ligmincha International we are trying to do our best to find ways to preserve the Bon teachings and knowledge so that they will remain pure and accessible not only for us, but also for many generations in the future. When a goal is so high, many challenges are faced in trying to meet it. Therefore, all levels of financial contributions are very important for our future.

I hope you will consider making a year-end donation to Ligmincha Institute. Regardless of the amount, we are grateful for your generosity and assure you that every dollar will be thoughtfully spent on necessary projects. Some of our current needs include inviting and supporting resident lamas, developing more programs like the upcoming Soul Retrieval Training Program, having more weekend retreats, and wiring the gompa for live webcasts.

As the end of the year comes closer, I send my blessings to you and all your family.

Tenzin Wangyal Rinpoche

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New Dialogues Between Buddhism and Science

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A Weekend Conference at Serenity Ridge, Feb. 18-19, 2012

We invite you to join us at Serenity Ridge on Saturday and Sunday, Feb. 18-19, 2012, for a very special event: a one-and-a-half-day conference with Geshe Tenzin Wangyal Rinpoche and academic presenters associated with the University of Virginia, New York University, University of Texas M.D. Anderson Cancer Center, and others to be announced.

[Register now >](#)



Buddhism has long been viewed not only as a spiritual pursuit, but also as a science of the mind backed by millennia of scholarly study and highly disciplined meditation practice. Many Western scientists now acknowledge that Buddhism has revealed key knowledge about the nature and capacities of human consciousness and behavior.

In this weekend event researchers will present their work related to the impact of contemplative meditation practice on behavior and the mind, as well as examine new areas of research to be explored between scientists and contemplatives. The conference format will be casual and open-ended, leaving plenty of time for questions, answers, and lively dialogue.

Tenzin Wangyal Rinpoche will participate actively in the dialogue, as well as lead group meditation practice at various points in the program.

The preliminary list of presenters includes:

- **Michael J. Baime, M.D.**, director of [Penn Program for Mindfulness](#) and director of Mind Body Programs, [Abramson Cancer Center](#), Philadelphia.
- **Alejandro Chaoul-Reich**, Ph.D., assistant professor, [Integrative Medicine Program](#), Dept. of General Oncology, the University of Texas M.D. Anderson Cancer Center, Houston;

and associate faculty,
[McGovern Center for Humanities and Ethics](#)
, the University of Texas Medical School, Houston.

- **Scott Clearwater, Ph.D.**, physicist and head of [The Three Doors](#) Research Committee.
- **Lorenzo Cohen, Ph.D.**, director and professor, [Integrative Medicine Program](#), Dept. of General Oncology, the University of Texas M.D. Anderson Cancer Center, Houston; and professor,
[Dept. of Behavioral Science](#)
, Division of Cancer Prevention and Population Sciences, University of Texas.

- **David Germano, Ph.D.**, director of [SHANTI](#) (Sciences, Humanities and Arts Network of Technological Initiatives) at the University of Virginia; and co-director of the [UVA Tibet Center](#)

- **Zoran Josipovic, Ph.D.**, director of Contemplative Science Lab, Psychology Dept., New York University, and founding director of [Nonduality Institute](#), New York.

- **Edward F. Kelly, Ph.D.**, president of [Cedar Creek Institute](#) and research professor with [UVA's Division of Perceptual Studies](#).

- **David E. Presti, Ph.D.**, professor of neurobiology at the University of California, Berkeley.

- **Tenzin Wangyal Rinpoche**, [founder and spiritual director of Ligmincha Institute](#).

- **Jonathan Shear, Ph.D.**, Department of Philosophy, [Virginia Commonwealth University](#)

Hours: Saturday 10 a.m. - 5:30 p.m.; Sunday 9 a.m. - 12:30 p.m.

Cost: \$135 (includes meals, accommodations extra)

[Register now >](#)

Photograph: Presenters at the October 2010 Buddhism/Science conference at Serenity Ridge



New! Soul-Retrieval Training Program

Applications Now Being Accepted

Ligmincha Institute is excited to announce a new two-year training program in Soul and Life-Force Retrieval. This unique program, offered in four five-day sessions in the spring and fall of 2012 and 2013 at our Serenity Ridge Retreat Center in Shipman, Va., will provide the in-depth knowledge and experience needed to perform the Bon Buddhist practice of soul and life-force retrieval for oneself or — with the instructor's permission — for others. Early applications are encouraged. [Learn more about this program and how to apply >](#)



Three Doors Academy News

New Opportunities for Participating Worldwide

We have several exciting announcements!

- The Three Doors Academy in Latin America will begin in 2012
- The Three Doors Academy in Europe was successfully launched and is open to new participants
- The Three Doors Academy in the United States will begin its second training in October 2012

To learn more about this life-changing program conceived by Geshe Tenzin Wangyal Rinpoche and how you can participate, visit <http://www.the3doors.org/>



Help Wanted

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Paid and Volunteer Positions Now Open at Ligmincha

Two important needs at Ligmincha are listed below. If you are interested in either of these positions — one as our on-site bookstore manager, one involving writing, editing or proofreading — please let us know! Additional volunteer opportunities can be found [at this link >](#)

Ligmincha Bookstore & Tibet Shop Seeks New Manager ***A Letter From Manager Melissa O'Neill***

Hello everyone!

A position is opening up soon for a new Ligmincha Bookstore Manager at Ligmincha Institute's Serenity Ridge Retreat Center in Shipman, Va. My husband and I will be relocating to Indiana in the spring where he will continue his educational pursuits. I am excited for this new experience, but sad to leave my position here at Ligmincha Institute and my life in Charlottesville, Va.



[Download application form &ot](#) [Polly Turner, Director of](#) [Polly Turner](#)



Bringing the Sanghas Together

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New Websites Being Created for Ligmincha Sanghas and Centers

A new network of Ligmincha Websites is now under development! The seed for this idea took root more than a year ago. With Tenzin Wangyal Rinpoche's full support, Lutz Dausend, a sangha member from Spain, is leading the effort.



Rinpoche Featured in New Film on Death and Spiritual Awakening

View Film Clip of Interview on Facing Death

In this nearly 2-minute film clip, Tenzin Wangyal Rinpoche shares advice for people facing death: Take care of your past to have a clearer future. Here is a brief segment from "The Fourth Moment," a feature-length film (under development) about impermanence, death, and the possibility of spiritual awakening and liberation. It is a hybrid film that merges documentary and dramatic narrative.

[View film clip >](#)

[Learn more about The Fourth Moment >](#)



Upcoming Retreats

Ligmincha's Serenity Ridge Retreat Center

The retreats described below will take place at Serenity Ridge, Ligmincha Institute's retreat center in Nelson County, Va. To register or for more information, click on the links below, or contact us at registration@ligmincha.org or 434-263-6304.

Dec. 27, 2011 - Jan. 1, 2012

The Experiential Transmission of Zhang Zhung, Part 4

Annual Winter Dzogchen Retreat With Geshe Tenzin Wangyal Rinpoche

Prerequisite: Participants must have received the teachings for Parts 1 and 2 of the [Experientia I Transmission of Zhang Zhung](#)

in order to attend these Part 4 teachings.

[Learn more or register >](#)

Feb. 18-19, 2012

New Dialogues Between Buddhism and Science

With Geshe Tenzin Wangyal Rinpoche and guest speakers.

[Learn more or register >](#)

Feb. 25, 2012

Tibetan New Year (Losar) Celebration

With Geshe Tenzin Wangyal Rinpoche

More details to come

April 11-15, 2012

Bring Your Life Into Bloom

Exploring the Creative Process With Geshe Tenzin Wangyal Rinpoche

Join us for a unique opportunity to free yourself from creative obstacles, nurture your capacity

for joyful self-expression, and make positive changes in your life.

[Learn more or register >](#)

May 5-9, 2012

Soul and Life-Force Retrieval Training

Two-Year-Certificate Program

With Geshe Nyima Kunchap

[Learn more or apply >](#)

June 24 - July 14, 2012

**A View From the Heart: Purifying Your Vision Through the Practice of the Six Lamps
(Part 2)**

□ 20th Annual Summer Retreat / 20th Anniversary Celebration!

With Tenzin Wangyal Rinpoche

Come for one, two, or all three weeks. No prerequisite, newcomers welcome.□

Registrations will be accepted beginning Jan. 16, 2012

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please contact us at registration@ligmincha.org or 434-263-6304, or go to:

<https://www.ligmincha.org/retreats/retreats.html>