

Announcements Issue

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Letter from the Editors The Connections We Make

Dear Friends,



The connections we make can be so inspiring. We live in such a fast-paced world that when those connections happen, it almost feels magical. With Tenzin Wangyal Rinpoche's new series of webcasts on Soul Retrieval, we are given new opportunities for connections to each other, to the teachings and to the truth of who we are. More We hope that you have been able to tune in to those webcasts – if not, [recordings of them are available to watch](#)

. There will be a [new free live webcast](#) teaching on Soul Retrieval given by Rinpoche each month throughout the year!

The cyber-connections made during Rinpoche's first webcast teaching of the series in January 2015 were substantial. (Thanks Polly, Lourdes and the dozens of other webcast volunteer organizers and translators!) In just the first session of teaching the registrations numbered 3,817. There were at least 41 countries represented, including Australia, Austria, Belgium, Brazil, Canada, Chile, Colombia, Costa Rica, Czech Republic, Denmark, Ecuador, Finland, France, Germany, Greece, Greenland, Hungary, Ireland, Italy, Malta, Martinique Island, Mexico, Netherlands, Norway, Peru, Poland, Portugal, Romania, Russia, Scotland, Spain, Sweden, Switzerland, Tatarstan, Thailand, Turkey, Ukraine, United Kingdom, U.S.A. and Venezuela.

Here are just a few expressions of the heartfelt personal connections evident in the many who shared their gratitude after that first webcast:

- *My deepest gratitude for these so precious teachings and your presence, Rinpoche. Such a gift.*
- *Wonderful teaching, and practice, words going straight into my heart. Thank you so much. A true blessing.*
- *Just wanted to say that the concept of the 3 pills has really helped me connect more with the essence of emptiness. It really is helping... thank you Rinpoche!*

Many connections on so many levels! We hope you find connection and inspiration in the VOCL articles included in this issue, from the many different contributors: Rinpoche's next webcast on April 4 broadcast from the Spring Retreat; the next webcast in the Soul Retrieval series on April 11; creative sharings inspired by the first Soul Retrieval webcast; The 3 Doors Academy, with reflections from a recent graduate; Losar photos from Mexico, Europe and Serenity Ridge; an interview with Tenzin Wangyal Rinpoche on Lishu Institute's three-year program in India beginning in the fall; a recently published article by Alejandro Chaoul-Reich on the benefits of meditation for cancer patients; details about the upcoming Summer Retreat at Serenity Ridge; new online courses start soon – April 4 for Ligmincha Learning's *Six Lokas: How to Transform Your Emotions* and on May 9 the next online GlideWing course on *Achieving Great Bliss Through Pure Awareness*; link to the Spanish and Portuguese translations of the February VOCL; and upcoming retreats at Serenity Ridge.

Enjoy, and much thanks everyone!

In Bon,
Aline and Jeff



Next Webcast April 4 with Tenzin Wangyal Rinpoche
Broadcast Live from Annual Spring Retreat at Serenity Ridge



[Register now for the April 11 webcast](#)
[Learn more about the free yearlong Soul Retrieval course](#)

Don't Miss the April 11 Webcast in Free, Yearlong Soul Retrieval Course Tenzin Wangyal Rinpoche on 'Discovering the Deepest Needs of Your Soul'

On Saturday, April 11, 2015, 3–4:30 p.m. Eastern time U.S. (New York time), please join Tenzin Wangyal Rinpoche for the third in the yearlong series on Soul Retrieval: "The True Source of Healing, Part 3: "Discovering the Deepest Needs of Your Soul."
[More](#)

What does your soul need most in order to be healed? The stability of earth, the comfort of water, the inspiration of fire, the flexibility of air, the openness of space? In this free live webcast Geshe Tenzin Wangyal Rinpoche will guide you in looking closely at four aspects of your life – personal life, family life, work life and relationship with nature – to assess which elemental quality you most need at this time in order to revitalize and transform your life. Rinpoche will guide a meditation to help you connect deeply with this sense of lack and finally rest in the specific qualities you most need. This webcast introduces Part 3 of a free, yearlong course in Soul Retrieval and is open to all (viewing Parts 1 and 2 is not required).

[Register now for the April 11 webcast](#)

[Learn more about the free yearlong Soul Retrieval course](#)

Don't forget: you can review past webcasts, receive support materials and participate in multi-language discussion forums by [registering for the free online Soul Retrieval course](#) .

Mark your calendar for next month's webcast on Sat., May 9, 3-4:30 p.m. Eastern time. Part 4: "Communing with Nature to Nourish Your Soul."

[Learn more](#)



Sharings from Around the World

Recharging with Soul Retrieval in the New Year

Soul Retrieval participants from around the world share their insights through poetry and photos.
More

This poem is by Sibylle Reuter-Beck, who lives in Murnau, a small town in the very south of Germany close to the Alps:

Do you know the silence
that takes your breath away.
Do you know the vastness
that swallows your fear.
Do you know the shiver
when your soul awakes.

You know it on that one night
that wraps you in her vast cloak
and bares your star.

And here is the original version in German:

Kennst du die Ruhe,
die dir den Atem verschlägt.
Kennst du die Weite,
die deine Angst verschlingt.
Kennst du das Schaudern,
wenn deine Seele erwacht.

Du kennst es in dieser einen Nacht,
die dich umhüllt mit ihrem weiten Kleid

und deinen Stern gebiert.

This poem is from Birrell Walsh, who lives near the beach in San Francisco. The photo was taken nearby at Ocean Beach:



Storm's Daughter

Sometimes we rest in calm seas
at ease, and warm
& sometimes we rest in storm
& storm's daughter, white water.

These two poems with artwork of the five elements are by Melissa (Storm Khandro Melissa Moon), who lives in North Devon, England:

The Five Elements

Steadfast and rooted, protective and immovable, a rock.

Navigating the wave of joy, precarious.

Wild abandon, leaping over the fire, getting lost in the sparks.

Perfection of action, beautiful music, skillfulness.

Dissolving into bliss, a full heart.

Earth

Standing your ground, staff firmly in the Earth.



Waving the wave, followed by a large wall of water.



Flaming over the fire, soaring for a moment.



Airborne organ keeping a ball perfectly aloft.



Heart emerging from the depths of space.



~~When the sun is shining, the moon is shining, the stars are shining, the clouds are shining, the rain is shining, the wind is shining, the earth is shining, the sky is shining, the world is shining.~~

The 3 Doors Academy: A Life-Changing Program of Contemplation, Transformation and Genuine Expression

With Reflections from a Recent Graduate

The 3 Doors Academy is entering its fifth year of facilitating its trainees and graduates to become aware of and express their authentic selves. This expanding openness, awareness and warmth has manifested in new (and often surprising) levels of clarity, commitment and creativity that benefit relationships with family, friends, coworkers, community and the world at large. More

Tenzin Wangyal Rinpoche, founder of The 3 Doors, offers a brief overview of these teachings in [this videotaped interview](#) .

In the following, 3 Doors Academy graduate Renee Daily reflects on the outcome of her training.



Renee Daily

"The 3 Doors training has taught me how to be with my own pain in order to heal myself. I first had to learn to recognize my own suffering and discomfort and not be afraid of being with it. At first, just recognizing and acknowledging how my emotional distress affected me was a challenge. As deep pain began to show up in my practice it sometimes felt overwhelming. But the beauty of The 3 Doors is that you are always supported in facing whatever arises in your life. I learned meditation practices that outlined very clear steps to enable me to go safely into difficult places, to really be present and to not push anything away. I learned to welcome discomfort because the end result of going directly into pain with openness and awareness is true healing.

"As a result of my practice, under the supervision of wonderful, generous teachers and mentors, I am no longer afraid to confront issues in my life that I would not have faced in the past. I can invite them to be explored and know they will not consume me. In this process, my pain shifts in surprising ways. It is transformed into something beautiful and opens space for positive qualities to effortlessly arise. My confidence has grown as I have learned that I have the strength to face really difficult issues in my life. Shedding a lifetime of unproductive patterns has benefited not only me but also all those around me.

"In my 3 Doors training I have experienced that my own openness is my protection, as well as my gift to others. I am now able to be more present with other people's pain. I have become a Hospice volunteer, which is all the more surprising to me because of my personal experience with death in my family. To be able to sit with someone who is dying, to be available, present, and open to them without fear, is the unexpected fruit of my practice, a direct result of The 3 Doors Academy training.

"Every member of my Academy group made equally amazing discoveries and transformations in their lives. To witness and share those experiences over two and a half years has created a lifetime bond and a source of support between us like nothing I have ever experienced before. The 3 Doors training is a beautiful, beautiful opportunity and I'm so glad that I took it. I offer my deepest gratitude to all who brought it into being."

Interested in joining a 3 Doors Academy? The third U.S. Academy will begin in the United States in early April 2015. To receive notice of future Academies in the U.S. please contact [Chelsee Canedy](#)

The next European Academy is scheduled to begin in November 2015 and will be accepting applications through Sept. 1, 2015. Please inquire to [the European Academy](#).

The Second Latin American Academy is scheduled to begin in February 2016 and is now accepting inquiries. Please send questions and requests for applications to [Chelsea Canedy](#). You can stay informed about Academy activities by signing up for The 3 Doors newsletter.
[The 3 Doors Global](#) (English)
[Las 3 Puertas Global](#) (Spanish)

For more information email [The 3 Doors](#).



Tashi Delek Losar!

Celebrating the New Year of the Wood Sheep

Enjoy these photos of Losar celebrations by sanghas in Mexico, Europe and the United States.
[More](#)

- [View Mexico celebrations](#)
- [View photos taken during Europe's Losar celebration](#) with Geshe Khorden Lhundup Gyaltsen, resident lama from Ligmincha France, during the Ninth International Losar Practice Weekend in Buchenau, Germany
- [View photos from the Serenity Ridge Losar celebration](#), including a photo of Ligmincha's resident lama, Geshe Tenzin Yangton, with a special offering. Several snows at Serenity Ridge, such as the one pictured, were a beautiful sight but made for difficult traveling!

If you missed seeing the Feb. 21 webcast: *Celebrating Losar, the Tibetan New Year*, you can still view the recording! In this first-time-ever event presented by Ligmincha International and hosted by Rob Patzig, Ligmincha International's board chair, we were able to join together on Losar with Tenzin Wangyal Rinpoche and resident lamas and senior teachers at Ligmincha centers around the world as they offered their special Losar wishes and greetings. Thanks to all

those who made it all happen, especially Polly Turner and to Salvador Espinosa, whose editing skills made the recording possible.

[View the recorded hourlong webcast](#)



Lishu Institute Three-Year Program Begins in Fall

An Interview with Tenzin Wangyal Rinpoche



Lishu Institute will begin an intensive three-year residential program of study for students in fall 2015. The curriculum will include the Nine Ways of Bon, the Bon Mother Tantra and the Zhang Zhung Nyen Gyu. Students also will learn Tibetan. Lishu is located in Northern India in Uttarakhand, near Dehradun. At a retreat last summer in Amsterdam, Floor van Orsouw interviewed Geshe Tenzin Wangyal Rinpoche about Lishu. [More](#)

Q: Rinpoche, how did the idea to create Lishu Institute arise?

TWR: During the time I have been teaching in the last 20 years in the West, I have felt a very strong need to have a residential training program. Teaching a weekend here, a weekend there—the longest being three weeks in the summer—does not provide enough intensity. Also as far as preserving the knowledge of Yungdrung Bon in the West is concerned, more dedicated learning and practice is needed. That was the primary reason for building Lishu.



The reason why it is in India is because we already have a number of facilities in the West.

These facilities become very expensive for students to attend. So we thought India was the best. There are more teachers and, energetically, India is where a lot of these teachings originated. So we thought it was very good to put effort here, and we found the land in Dehradun.

Q: Could you tell us a little about Nyachen Lishu Taring, after whom you named Lishu Institute?

TWR: Lishu Taring is one of the very important scholars from around the seventh and eighth century in Tibet. Lishu Taring also has a connection to both Buddhism and Bon. He is a very important scholar. One day the name just popped up and that's how I named it.

Q: Why did you choose these three texts for the curriculum?

TWR: First, we chose the Nine Ways of Bon as an introduction to the Bon, which embodies nine ways, so that is some kind of overview of each vehicle. We thought it's very important. Then the last two years we will focus on tantra and dzogchen.

When looking at all the different texts and teaching cycles on tantra, Ma Gyud seems most appropriate because all the teachings are contained in it. Many of these I have been teaching in the West. And also it's the principal practice of my main teacher Yongdzin Rinpoche. So we thought that it makes sense in terms of the training of tantra to teach the Ma Gyud.

As far as the dzogchen is concerned, Zhang Zhung Nyen Gyu is probably the most important dzogchen text in the Bon tradition. Lopon Sangye Tenzin taught us that. I have been teaching pieces of the Zhang Zhung Nyen Gyu here and there for many years. So we thought the curriculum should include Nine Ways of Bon, Ma Gyud and Dzogchen.

Probably we will not be able to finish everything in three years, but we will do as much as possible to finish in these three years. And we hope eventually we will be able to translate all these teachings into three books.



[View the full story](#) **Meditation As a Way to Help Conquer Cancer Fears**

Interview with Alejandro Chaoul-Reich in Houston Chronicle



Alejandro Chaoul-Reich

Alejandro Chaoul-Reich, a student of Tenzin Wangyal Rinpoche for more than 20 years, was recently interviewed about his work with cancer patients at the MD Anderson Cancer Institute in Houston, Texas, where he has worked for many years guiding people in meditation practices such as tsa lung and the three pills of stillness, silence and spaciousness to help them in their daily life. [More](#)

[Read the article](#)

Geshe Tenzin Wangyal Rinpoche will be teaching the [annual fall retreat in Crestone, Colorado](#) [Sept. Sept. 18–20](#) on the topic "Living with Joy, Dying in Peace." On Sept. 20–22, Alejandro will offer his extension of the teachings and methods introduced by Tenzin Wangyal Rinpoche, giving people the opportunity to expand and deepen their practices and understanding.

[Learn more](#)

In November, Alejandro will be teaching Trul Khor 5 with Geshe Tenzin Yangton at Serenity Ridge (open only to those who have taken Trul Khor 4).



Ligmincha's Annual Summer Retreat is June 21–July 4

Dream Yoga: The Practice of Lucid Dreaming as a Path to Enlightenment



Ligmincha's Annual Summer Retreat on the topic of Dream Yoga with Geshe Tenzin Wangyal Rinpoche, June 21–July 4, 2015 at Serenity Ridge, is open for registration!

It is said that the practice of dream yoga deepens our awareness during all our experience: the dreams of the night, the dreamlike experience of the day and the bardo experiences after death. More Indeed, the practice of dream yoga is a powerful tool of awakening, used for hundreds of years by the great masters of the Tibetan traditions. Unlike in the Western psychological approach to dreams, the ultimate goal of Tibetan dream yoga is the recognition of the nature of mind or enlightenment itself.

You are welcome to attend one or both weeks. If you are only able to come to one week, or if you are new to the teachings of Dream Yoga, it is highly recommended that you register for the first week of the summer retreat.

Ligmincha's annual fundraising auction will be held Friday, June 26.

[Learn more and register](#)



‘Transforming Our Emotions Through the Six Lokas’ Ligmincha Learning’s Online Course Begins April 4

Ligmincha Learning’s next seven-week online course, "Transforming Our Emotions Through the Six Lokas," will be held April 4–May 23. The course, crafted by Tenzin Wangyal Rinpoche, features video teachings, guided meditations, readings, journal writing activities, and the opportunity to interact with senior mentors and classmates from around the world.

At one time or another each of us suffer strong emotions that throw us off balance, cause us to act in ways that we later regret and make us lose touch with our true nature. Centuries ago the masters of the Bon lineage developed the meditations of the Six Lokas specifically to remedy this situation, to help us live our lives in a balanced and relaxed way.

[Learn more and register](#)



Next GlideWing Online Workshop Begins May 9 ‘Tibetan Meditation: The Nature of Mind’

This next three-week GlideWing Online Workshop is set for May 9–31. This ancient Tibetan meditation practice teaches you to enter the state of pure awareness that leads to peace, joy

and ultimately, to full realization. Until the 20th century, these ancient teachings were kept secret and were offered to very few students. In this interactive course, renowned Tibetan lama, teacher and author Geshe Tenzin Wangyal Rinpoche will guide you through each of the five steps of the meditation.

[Learn more and register](#)

Here is the calendar of upcoming GlideWing online workshops with Geshe Tenzin Wangyal Rinpoche:

- July 11–Aug. 9, 2015: [Awakening the Sacred Arts: Discovering Your Creative Potential](#)
- Sept. 19–Oct. 11, 2015: [Tibetan Sound Healing](#)



Spanish and Portuguese Translations of VOCL

Links to February Issue Now Available

[Read VOCL in Spanish](#)

[Read VOCL in Portuguese](#)



Upcoming Retreats

Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, headquarters of Ligmincha International, located in Nelson County, Virginia. To register or for more information,

click on the links below, or contact us at registration@ligmincha.org or 434-263-6304.

April 3–5, 2015

Spring Retreat – The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

May 1–3, 2015

The Experiential Transmission of Zhang Zhung, Part 1, Ngondro

with Geshe Tenzin Yangton

[Learn more/register](#)

June 21–July 4, 2015

Summer Retreat – Dream Yoga

with Geshe Tenzin Wangyal Rinpoche

Attend one or both weeks.

[Learn more/register](#)

Oct. 21–25 , 2015

Fall Retreat – The Five Elements: Connecting With the Living Universe

with Geshe Tenzin Wangyal Rinpoche

[Learn more](#)

Dec. 27, 2015–Jan. 1, 2016

The Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind

with Geshe Tenzin Wangyal Rinpoche

[Learn more](#)

[Read more about retreats](#)

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 visit the [Serenity Ridge website](#)

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