

## Teaching Issue

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### Letter from the Editors Our Safest Haven



Dear Friends,

In this issue, read a wonderful excerpt from Tenzin Wangyal Rinpoche's latest book, *The True Source of Healing*, published in July 2015 by Hay House. Rinpoche encourages us to rest in our inner refuge, our safest haven, because "As the inner refuge, you are whole and complete in each moment."

Rinpoche's ceaseless passion to share the ancient wisdom of Tibetan Bon Buddhism with an ever-growing worldwide community of practitioners has manifested once again in another beautiful way. The new Ocean of Wisdom website, a Ligmincha International project initiated last winter by Geshe Tenzin Wangyal Rinpoche, has been launched and is gaining altitude. Read an interview with the lead volunteer on the project, Paris Smithson, about the

extraordinary new ways that the website allows students from all over the world to connect with Rinpoche's teachings. The details that Paris shares include: 51 volunteers from all over the world are now working on translating the audio portion of the 147 video segments of Rinpoche's teachings that are currently archived on the website; as a result the teachings are now available to be viewed with subtitles in 10 different languages. Fantastic work! Maybe you, too, would like to be of service on this wonderful project.

We have more great articles to share. Read the good news about His Holiness Lungtok Tenpai Nyima Rinpoche's improved health. There are two new live webcasts right around the corner in October. Mark your calendar for October 10 and October 24 and find out the details below. Read Rob Patzig's article about the summer retreat at Chamma Ling Poland, which marked the 20th anniversary of Tenzin Wangyal Rinpoche teaching there. Upcoming retreats at Serenity Ridge through the fall and winter include the annual Fall Retreat on The Five Elements, beginning October 21, followed by an opportunity to be of service (and receive discounted fees on the retreat) with a new Fall Work Retreat – it is such a pretty time of year at Serenity Ridge, so if you can, this would be a lovely opportunity! Also, Trul Khor Part 5 Advanced Training is coming up in November. The annual Winter Retreat is December 27, 2015–January 1, 2016 on the topic of “The Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind,” is open to those who have received the Part 1 teachings. In January, two different Practice Retreat options are offered on the same subject. If you can't make the Winter Retreat Part 2 in December, it will be offered again on February 24–28 with Geshe Tenzin Yangton. A new GlideWing online workshop will be offered beginning November 14 on “Healing From the Source.” Have you seen the introductory video from the Sept. 12 live webcast? It's a treat for the eyes and ears – you can find the link below and enjoy! See the article with the links to the Spanish and Portuguese translations of the Voice of Clear Light August issue, and don't miss our announcement requesting international sangha members to submit articles and pictures to VOCL about their sanghas. Please find a few moments to share with all of us!

Best in Bon,

Aline and Jeff



## Your Safest Haven

An Excerpt from Tenzin Wangyal Rinpoche's Latest Book, *The True Source of Healing*



*Photo by Anja Benesch*

There is no better protection than the refuge of unbounded sacred space, infinite awareness, and genuine warmth. Any external source of refuge is ultimately unreliable. Looking for refuge in money or material possessions cannot protect you from the pain of loss, because everything you have will be lost to you someday. No matter how good your health insurance is or how healthy your lifestyle, sooner or later you will suffer from injury or sickness; eventually you will die. Finding your perfect soul mate cannot protect you from someday losing your beloved through separation, divorce, or death.

With the inner refuge, you are not depending on someone or something outside you to make you feel secure. The first refuge, unbounded sacred space, is a true support because it is unchanging, indestructible, beyond birth and death, eternal. Whatever difficulties you face, the first refuge supports you in allowing your experiences and hosting them fully. The second inner refuge, the light of awareness, can never be diminished or extinguished by any cause or condition. Inner light is unceasing – forever luminous and clear. Even in the darkest of circumstances, you can trust that it is always there. You can also trust that the warmth of the third refuge is within you. It spontaneously arises from the union of openness and awareness.

There may be moments when you feel emotionally cold and dark, when it seems that all the light has gone from your life. But your experience and inner truth are not in sync – the light is always there. At these moments, access to the inner refuge may seem distant, but a sense of trust may bring you a glimmer of the inner refuge that can lead to a shift in the darkness of your experience. Trust is a necessary companion on the path. There is no situation so bad that you can't turn toward the three doors. As you become more familiar with entering and abiding in the inner refuge, you will begin to trust in its healing presence.

We all long for that inner connection, just as a lost child longs to reunite with his or her mother. When you connect with the inner refuge, you can rest in that space just as a child rests in his or her mother's loving arms, feeling protected, safe, secure, complete.

## **Beyond the Ego**

There is a Tibetan joke about a yogi who leaves his hermitage to get supplies. Afraid of getting lost in a crowded marketplace, he ties a red ribbon around his leg. As long as the ribbon is there, he feels secure. But at one point he looks down and notices that the ribbon has fallen off. He frantically runs back and forth through the market, yelling, "I'm lost! I'm lost! Did anyone see me? I'm the one wearing the red ribbon around his leg."

His reaction may seem quite silly to us, but most of us react in a similar way. We lose our job, or an important relationship comes to an end, and we feel lost. *Who am I?* We forget where we put our cell phone, and we panic and feel disoriented.

*Where am I?*

We have all experienced losing the red ribbon. But the truth is, we are never lost.

Drawing attention to stillness, silence, and spaciousness shifts your focus from feeding the insecurity of the ego to connecting with pure being. Anytime you identify with a sense of "I" – "I feel something"; "I have lost something"; "I am lost" – you are identifying with the wrong person. You are identifying with the ego, with your pain body, not with your true nature.

Being aware of the three doors is not work. In fact, the more effort you put into connecting with

stillness, silence, and spaciousness, the more elusive the inner refuge seems. Connecting with the inner refuge is simply a matter of shifting your attention. If you are already still, be aware of stillness. When you are silent, hear the silence that is already there. Notice the spaciousness at the very center of your being. As you rest in awareness, you connect with your authentic self. The effort of seeking dissipates, and you *are* unbounded sacred space, infinite awareness, and genuine warmth – you *are* the inner refuge. The inner sacred space is so simple and close that if we search for it, we cannot find it. But it is always there for you, the source of all the elemental qualities you need. As the inner refuge, you are whole and complete in each moment.

(You can order your copy of Tenzin Wangyal Rinpoche's new book, *The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life*,  
Hay House, July, [Ligminch](#)  
2015, from [a's Tibet Shop](#)  
.)



## **His Holiness Lungtok Tenpai Nyima Rinpoche's Health Improved**

### **Please Continue To Do Long Life Mantra**



We are happy to share the good news that the health of His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin, is improving. Please continue to do the Long Life Prayer and Long Life Mantra for His Holiness.

Menri Monastery and Bon practitioners around the world have been conducting rituals and prayers for His Holiness since late August, upon the advice of His Eminence Yongdzin Tenzin

Namdak Rinpoche, the most senior teacher in the Bon tradition. His Holiness reports that his health is back to normal and that he is resting well at Menri.

Geshe Tenzin Wangyal Rinpoche traveled to India on Sept. 28 to visit and spend some time with His Holiness. "When I first heard about His Holiness' health condition, which now seems more stabilized, I felt a wish to visit and spend some time with him," Rinpoche said. "I plan to offer the practice of tse thar (life Liberation), and to do long life rituals and prayers for His Holiness. I know that our Ligmincha sangha members worldwide are continuing to accumulate the Long Life Prayer and Mantra for His Holiness."

The heartfelt prayers and practices of everyone for His Holiness's healing are deeply appreciated. Everyone is encouraged to continue to recite the Long Life Mantra and Long Life Prayer for His Holiness and to submit their accumulations at the end of each month to their local sangha or online through the end of the year.

[Learn more about accumulations](#)

[Read update from Bon Shen Ling and Chongtul Rinpoche](#)



**Upcoming Webcasts with Tenzin Wangyal Rinpoche**  
**October 10 and October 24**



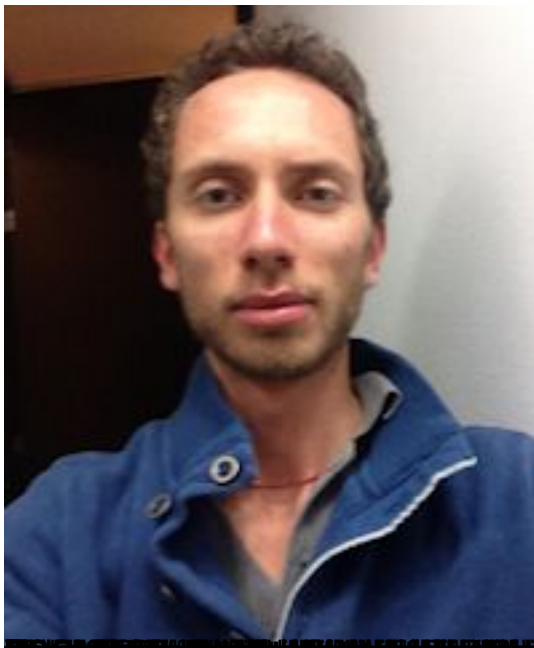
[View past webcasts](#) [Ligmincha's Ocean of Wisdom Website Growing Internationally](#) [An Interview with Paris Smithson](#)

## **Ligmincha's Ocean of Wisdom Website Growing Internationally**

### **An Interview with Paris Smithson**

*Ocean of Wisdom is a Ligmincha International project and is the initiative of Geshe Tenzin Wangyal Rinpoche. The project aims to blend the power of technology with the knowledge and wisdom of Tibetan Bon Buddhism. It is a new way to unite the worldwide sangha and to bring Bon teachings into the modern information era under the guidance and blessings of the tradition, its living masters and historical lineage.*

[Visit the website](#)



## OCEAN OF WISDOM

[Visit the website](#)



### **A Request to International Sangha Members We Would Love to Hear From You!**

Please consider sharing news about your sangha in the Voice of Clear Light newsletter! We would love to hear from you and VOCL readers would, too. Our international family is united in many ways and although far apart in distance, we are together in spirit. Sharing an article about your sangha could help others to find the teachings, as well!

Are there any new or noteworthy developments happening in your local sangha that you'd like to share? Do you have a picture or two that you could send?

Send us an email to submit an article for possible consideration in VOCL or let us know if you have any questions. Thanks!

[Aline and Jeff Fisher, Editors](#)

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## **Chamma Ling Poland 20th Anniversary** **Celebrating a Milestone During Summer Retreat**

*Rob Patzig, president of Ligmincha International and chair of the Ligmincha International Board of Directors, attended the recent retreat at Chamma Ling Poland, a celebration of the 20th anniversary of Tenzin Wangyal Rinpoche's first teaching in Poland. Rob shares his experience with some beautiful pictures, too!*



2015 marked the 20th anniversary of Tenzin Wangyal Rinpoche's teachings in Poland. In the past two decades, the Bon community has grown and the teachings spread. There are several sanghas in Poland. Chamma Ling, the retreat center located in Wilga, which is about an hour south and east of Warsaw, has hosted as many as 400 people at a single retreat. This year,

about 200 people from many different countries came to attend Part Three of Rinpoche's teachings on the 21 Nails. And, more than 40 people stayed for the first year of Trul Khor (Tibetan Yoga) training with Alejandro Chaoul-Reich. It was wonderful to have many young people at the center, including children. One young woman, Laura, is 16 and has spent her whole life as a sangha member!



Most people arrived on Monday, and many quickly got involved in helping prepare for Rinpoche's arrival Tuesday morning and the beginning of the teachings later that day. It seemed that almost everyone was lending a hand: cleaning, laying out cushions, setting up the store, etc. Preparations went late into the night, but in the morning the gompa and whole center were beautiful and ready to receive Rinpoche.

Rinpoche, supported by Chamma Ling Poland's resident lama Geshe Yungdrung Gyatso, umdze Ryszard Adamiak and translator Jarek Kotas, gave the explanation of the final "Nails" of the teaching and led practices that included the Nine Breathings, Tsa Lung, Inner Refuge and the Invocation of Tapihritsa.

With warm days, blue skies and cool evenings, practitioners found many occasions to practice,

socialize and eat outdoors.



Sangha sharing in Poland is a very lively event. It began with a large bonfire after dark. Many songs and skits were performed in many different languages: Polish, English, Czech, French and Ukrainian. It was an early evening this year, however, wrapping up a bit before 1 a.m. Last year, the sharing is rumored to have gone on until around 4 a.m.!



## **Ligmincha's Annual Fall Retreat at Serenity Ridge**

### **Still Time to Register for October 21–25 Retreat!**

Ligmincha's Annual Fall Retreat at Serenity Ridge on "The Five Elements: Connecting with the Living Universe" with Geshe Tenzin Wangyal Rinpoche will be held October 21–25, 2015. The early-bird registration will go until September 22.

According to the ancient Tibetan spiritual traditions, the five natural elements of earth, water, fire, air and space are fundamental aspects of a living universe. Tenzin Wangyal Rinpoche will guide practices through which we can deeply connect with the elemental essences, and nourish and restore health and vitality.

[Learn more/register](#)



## **New Fall Work Retreat at Serenity Ridge**

### **October 26–29, 2015**

Join us at Serenity Ridge following the annual Fall Retreat (Oct. 21–25) for a special work retreat. Starting Oct. 26, you can work for up to four days, six hours per day, with a 10 percent discount off the cost of registration for each day worked.

[More information](#)



## **Meditation as Medicine**

### **Reflections on a New Online Workshop with Tenzin Wangyal Rinpoche**



## New Healing from the Source Workshop

Tenzin Rinpoche has been teaching the “spacious, luminous, warm hug” in nearly all his talks, retreats and webcasts these days, in one form or another. But now he is offering a new online workshop that focuses specifically on cultivating loving-kindness as a means for preventing and healing both physical and emotional pain. Entitled “Healing From the Source: Meditation as Medicine for Body and Mind,” the three-week course begins November 14, 2015.

Based on ancient teachings of dzogchen from the Tibetan Bön Buddhist tradition, the new course helps one discover the “great healer within.” The core teachings of dzogchen introduce us to the nature of mind, to our own inner refuge, the true source of healing. Everyone has access to this source through the “three doors” — the stillness of the body, the silence of speech and the spaciousness of the mind. These “three precious pills” are a powerful medicine you can take at any time, with no side effects, to help divert you from your self-punishing tendencies, clear pain and negativity, cultivate awareness and ultimately access the healing

qualities that spontaneously arise in that space.

The three precious pills serve as the foundation of the main practice in this new workshop. Their healing effects come from resting deeply in the space that opens, then gradually bringing awareness to your emotional or physical discomfort. In that unconditional openness, the pain or discomfort naturally dissolves. In time you may become aware of positive qualities naturally arising within, such as loving-kindness, joy, equanimity or compassion. As you allow those qualities to mature, you can feel their warmth.



Warmth is the active ingredient. You are encouraged to apply it as a spacious, luminous, warm hug to yourself and to the presence of the lingering emotional or physical discomfort. Your pain or illness needs this hug, and it wants it to continue. By acknowledging, accepting, respecting and connecting through the warmth, you can feel the dissolution of any negativity, self-judgment or self-criticism you may be harboring.

Nearly anyone who has attended retreats and workshops with Tenzin Wangyal Rinpoche knows how skillfully and lovingly he guides his meditations, and how clearly and directly he transmits to others — newcomers and experienced students alike — his own, deep connection with the healing source within. His video-based online teachings are studied and practiced during normal life, so they are an ideal support for applying not only on the meditation cushion, but also throughout your workday, family engagements and personal time.

In the new GlideWing workshop a series of instructional videos are introduced in progression throughout its three weeks. Every few days a new set opens to course participants, allowing them to view and practice on their own schedule. Each teaching session concludes with a guided meditation, along with an MP3 audio version that can be downloaded and kept for ongoing practice. Rinpoche encourages free use of the private, protected discussion forum where participants from around the world can share experiences in writing, discover commonality in their challenges and successes, and support each other in applying the practices.

### **The Best of Who You Are**

As Rinpoche explains in his latest book, *The True Source of Healing*, on which this workshop is based, “Conventional treatments often play an important — even life-saving — role in symptom relief and healing, but if you can harness the power of practices that connect with primordial awareness, you have the potential to go directly to the root of physical pain and illness.”

Through Rinpoche’s gentle guidance and support, this workshop has life-changing implications for those who can devote time and space for its practices. It’s not just about easing pain; it’s about becoming the best of who you are.

Whatever challenges or pain you face, when you go deep enough into the three precious pills, you can witness that pain dissolving into a fresh, new space. In that space, a new you emerges—one who is more relaxed, comfortable, open, clear, connected and more in touch with the spontaneous joy that comes with that connection.

*Polly Turner assists with Tenzin Wangyal Rinpoche’s GlideWing online workshops as well as his regular live webcast teachings. A freelance writer and editor, she served as editor for two of Rinpoche’s recent books, including The True Source of Healing: How the Tibetan Practice of Soul Retrieval Can Transform and Enrich your Life . Hay House, July 2015.*

[Learn more about the new GlideWing workshop](#)

[Learn more about Rinpoche’s in-person and online teachings](#)



## **Trul Khor Part 5: Postgraduate Training November 5–8 , 2015**

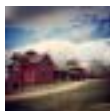
### **New Series of Trul Khor Will Begin in 2016**

Join Alejandro Chaoul-Reich, Ph.D., and honored guest Geshe Tenzin Yangton for the Tibetan Bon Yoga Postgraduate Retreat to be held at Serenity Ridge Nov. 5–8, 2015. *This retreat is open to only those who have completed the Trul Khor training (Parts 1, 2, 3 & 4).*

Deepen your training in the ancient practice of yoga (trul khor) from the Bon Buddhist tradition of Tibet as we explore the body's energetic dimensions and integrate the practice with everyday life. Open to all who completed the training and received the certificate after Part 4 of the Tibetan Bon yoga from Ligmincha since 2002.

[Learn more](#)

**Coming in 2016: Trul Khor Part 1 – open to all.** Details coming soon!



## **Winter Retreat at Serenity Ridge**

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

Join Geshe Tenzin Wangyal Rinpoche for Part 2 in the Experiential Transmission series, the centerpiece of Rinpoche's dzogchen teachings. Part 2 will focus on “Introduction to the Nature

of Mind.” *Completion of Part 1: Ngondro is a prerequisite.*

[Learn more](#)

**A Practice Retreat** will be offered in January 2016, immediately following the Winter Retreat, for anyone who has completed Part 2 of the Experiential Transmission.

[Learn more](#)

**\*\*\*Please note:** An additional retreat on “The Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind” will be offered February 24–28, 2016 with Geshe Tenzin Yangton, resident lama at Serenity Ridge. Because of the high interest in this five-part series, and the large number of people already registered for the December Zhang Zhung Part 2 retreat, we are offering this additional retreat. All participants will be able to attend Zhang Zhung Part 3 in December 2016.

[Learn more](#)



## Enjoy Introductory Video from September 12 Live Webcast Nourishing Your Inner Being

Have you seen the beautiful introductory video, just over three minutes long, from the September 12 webcast with Tenzin Wangyal Rinpoche? The images, words and music come together beautifully in this inspired video based on Rinpoche's book, *The True Source of Healing*, with video and editing done by Salvadore Espinosa.

[View YouTube video](#)

[View Sept. 12 recorded webcast](#) with Tenzin Wangyal Rinpoche on “Nourishing Your Inner Being”

Order your copy of *The True Source of Healing* from [Ligmincha's Tibet Shop](#)



## Spanish and Portuguese Translations of VOCL

### Links to August 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 [sr.registration@ligmincha.org](mailto:sr.registration@ligmincha.org) or 434-263-6304.

**Oct. 21–25, 2015**

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

*with Geshe Tenzin Wangyal Rinpoche*

[Learn more/register](#)

**Oct. 26–29, 2015**

**Fall Work Retreat**

[More information/application](#)

**Nov. 5–8, 2015**

**Trul Khor Part 5: Post-Training**

*with Alejandro Chaoul-Reich, Ph.D., and honored guest Geshe Tenzin Yangton*

[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*

Prerequisite: Completion of Part 1: Ngondro

[Learn more](#)

**Jan. 1-3 or January 1-9, 2016**

**2016 Winter Practice Retreat: Experiential Transmission of Zhang Zhung, Part 2**

*with Geshe Tenzin Yangton*

Prerequisite: Completion of Part 2: Introduction to the Nature of Mind

[Learn more](#)

**Feb. 24-28, 2016**

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

*with Geshe Tenzin Yangton*

Prerequisite: Completion of Part 1: Ngondro

[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 the [Ligmincha registrar](#) or call 434-263-6304, or visit the [Serenity Ridge website](#) .