

## Teaching Issue

Volume 17, Number 5 / October 2017

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### Letter from the Editors

Honoring His Holiness the 33rd Menri Trizin

Dear Friends,

It is with heavy hearts that we write this letter to you following the death of His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin. Spiritual leader of the Bön tradition, an extraordinary dzogchen master and a truly genuine lama of the highest order, he radiated a majesty and splendor everywhere he went. [More](#)

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### The Passing of His Holiness the 33rd Menri Trizin

### Gatherings, Online Prayer Event to Honor His Holiness Lungtok Tenpai Nyima Rinpoche

The Bön community throughout the world is saddened by the death on September 14, 2017, of His Holiness the 33rd Menri Trizin, Lungtok Tenpai Nyima Rinpoche. His Holiness was the worldwide spiritual leader of the Bön tradition and abbot of Menri Monastery in Dolanji, India.

Bönpos throughout the world are being asked to offer candles, incense and prayers for His Holiness. Geshe Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha International, asks that we practice in groups, where possible, at the time of the cremation ceremony or close to it. The cremation is scheduled to begin at 5:30 a.m. on Monday, October 2, India time. This equates to Sunday, October 1, at 8 p.m. New York time.

A special one-hour online prayer session with Geshe Denma Gyaltzen and Marcy Vaughn will be broadcast live on [Ligmincha International's Facebook page](#) at 8 p.m. New York time on Sunday, October 1, for those unable to practice in person with local groups.

[More](#)



## Treasures from Summer Retreat 2017

### Edited Excerpts from Oral Teachings Given by Geshe Tenzin Wangyal Rinpoche

#### Opening to Infinite Possibilities

How many things in your life do you feel, when looking back on them, that you really did something, you did something good, and that you were capable of doing it, and doing it well? Looking at your life: how many things?

Why did you accomplish those things? Because you saw the possibility of doing them, that's all, that's the only difference. [More](#)



## Reminder: Cyber-Sangha Week Is October 22–28

### Seven Days of Online Commemoration Honoring Ligmincha's 25th Anniversary

This October a commemoration will take place at Serenity Ridge Retreat Center, headquarters of Ligmincha International, in central Virginia as Ligmincha honors the 25 years since its founding by Geshe Tenzin Wangyal Rinpoche. If you can't be at Serenity Ridge on October 22, you can still participate in the opening festivities from your computer or other devices – part of a full week of special online observances – by visiting the [Ligmincha International Facebook page](#) . [More](#)

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## Commemorating Ligmincha's 25 Years at Serenity Ridge

### Attend Activities on October 22

Everyone is warmly invited to attend a special commemoration October 22 at Serenity Ridge Retreat Center in Virginia in honor of Ligmincha's 25th anniversary. There is no charge to attend. We extend a special invitation to international visitors to consider attending [Fall Retreat](#) , which runs from October 18–21, and also our [Science and Spirituality Conference](#) on October 23–24. [More](#)

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## **TWR LIVE Series Continues Through November 27**

### **Personal Reflections on the Heart Essence of Dzogchen**

In this TWR LIVE Facebook series on "Pith Instructions, Personal Reflections on the Heart Essence of Dzogchen" Tenzin Wangyal Rinpoche broadcasts weekly live [from his Facebook page](#).

Visit the [Ligmincha Learning](#) website for schedule updates. Because of uncertain Internet access during Rinpoche's extensive travels in the coming weeks, his broadcast schedule must remain flexible. [More](#)



## **Ligmincha Learning Online Course Starts October 13**

### **'The Five Elements: Healing with Form Energy and Light'**

Ligmincha Learning will offer an online course on “The Five Elements: Healing with Form, Energy and Light” starting October 13, 2017. The six-week course with Tenzin Wangyal Rinpoche will continue through November 26. [More](#)

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## Two Upcoming GlideWing Courses

### 'The Truth That Sets You Free' and 'Tibetan Dream Yoga'

GlideWing is offering two upcoming online workshops with Tenzin Wangyal Rinpoche. "The Truth That Sets You Free: Discovering Your Inner Wisdom Through Practices of Waking and Sleeping" is a brand-new course set for September 30–October 22, 2017. It is followed by "Tibetan Dream Yoga" from November 18–December 17, 2017. [More](#)

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## Trul Khor Tibetan Yoga Retreats in November

### Part One Open to All and Postgraduate Training

Two Tibetan Bön Yoga retreats – a beginning-level retreat from the A-Tri Dzogchen tradition and a training for graduates of previous Tibetan yoga series – will be held concurrently at Serenity Ridge in November. [More](#)

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## Tenzin Wangyal Rinpoche's 2017 Teaching Schedule

### Upcoming Retreats for October Through December

Here is a list of Rinpoche's retreats in October through December:

- **October 18–21:** Serenity Ridge, Shipman, Virginia: Annual Fall Retreat: The Knowledge and Wisdom of Longevity
- **October 22:** Serenity Ridge, Shipman, Virginia: Day of Commemoration: Ligmincha's 25th Anniversary (free event)
- **October 23–24:** Serenity Ridge, Shipman, Virginia: Science and Spirituality Conference: The Medicine of Mind: Healing Physical and Emotional Pain
- **October 27:** Mexico City: Healing the Pain Body

- **October 28–29:** Mexico City: Dream Yoga
- **November 3–5:** Berkeley, California: The Seven Mirrors of Dzogchen
- **December 27, 2017–January 1, 2018:** Serenity Ridge, Shipman, Virginia: Annual Winter Retreat: The Experiential Transmission of Zhang Zhung, Part 4

You can always find Rinpoche's teaching schedule by date and by location on the Ligmincha International website.

[View schedule by date](#)

[View schedule by location](#)

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### ***Ligmincha Europe Magazine Summer Issue #25***

### **Sangha News in Europe and Worldwide**

Read the 25th issue of [Ligmincha Europe Magazine](#) .

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## Spanish Translation of VOCL

### Link to August Issue Now Available

[Read VOCL in Spanish](#)

Look for the [translations of Voice of Clear Light newsletters](#) at the top of the [Voice of Clear Light website](#).

We hope to have the translation of VOCL in Portuguese at a later date.



## Upcoming Retreats

### Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, Ligmincha International headquarters located in rural Nelson County, Virginia. To register or for more information, click on the links below, [email us](#) or call 434-263-6304.

**October 18–21, 2017**

**Fall Retreat: The Knowledge and Wisdom of Longevity: Teachings and Empowerment from the Tsewang Jarima**

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)



**October 22, 2017**

**Special Commemoration: Ligmincha's 25th Anniversary**

Join us for a day of events, including music, food, viewing of the new building, and more.

[Learn more](#)

**October 23–24, 2017**

**Science and Spirituality Conference**

with Geshe Tenzin Wangyal Rinpoche and expert presenters

[Learn more/register](#)

**November 2–5, 2017**

**Trul Khor – Tibetan Bön Yoga: Part 1**

with Alejandro Chaoul-Reich

[Learn more/register](#)

**November 3–5, 2017**

**Trul Khor – Tibetan Bön Yoga, Postgraduate: Part 5**

with Alejandro Chaoul-Reich and Honored Guest Geshe Tenzin Yangton

[Learn more/register](#)

**December 27, 2017–January 1, 2018**

**Winter Retreat: The Experiential Transmission of the Zhang Zhung, Part 4**

with Geshe Tenzin Wangyal Rinpoche

*Prerequisite: Previous completion of Parts 1, 2 and 3 of the Experiential Transmission of Zhang Zhung series.*

[Learn more/register](#)

To register for any of the above retreats, or for more information about teachings in the Bön Buddhist tradition of Tibet, please [email the registrar](#), call 434-263-6304 or visit the [Serenity Ridge website](#)