

## Volume 18, Number 5 / October 2018

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### Letter from the Editors

#### Being Creative – Creatively Being

Dear Friends,

We all love to be creative, to be open, to be inspired! Sometimes all it takes is a single line that you've read somewhere to open your eyes and heart. And haven't you ever felt changed by a book you've read? Books can be such wonderful doorways.

In Tenzin Wangyal Rinpoche's newest book, *Spontaneous Creativity: Meditations for Manifesting Your Positive Qualities*, he offers ways for us to come home to the heart, to find that space, to be free and as big as we can be, boundless! In this issue, we include an excerpt from Rinpoche's new book

[More](#)

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### Experiencing Pain Identity as a Doorway to Selfless Being

An Excerpt from *Spontaneous Creativity: Meditations for Manifesting Your Positive*

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## **Qualities**

**by Geshe Tenzin Wangyal Rinpoche**

Bring to mind a situation in which you are trying to help someone. Perhaps you face challenges to your efforts, and you are feeling frustration, disappointment, anger, or hopelessness. Whatever you are experiencing, recognize it in this moment without criticizing or judging it. Simply be conscious of what is happening when your intention is to help another. [More](#)

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## **Five Extraordinary Days at Menri Monastery**

### **Commemoration of 33rd Menri Trizin and Enthronement of 34th Menri Trizin**

*Rob Patzig, president and chair of the Ligmincha International Board, was among a group of Ligmincha participants at a week of special ceremonies and events at Menri Monastery. Here, he shares a summary of the activities. Photos by Salvador Espinosa and Rob Patzig.*

Bön practitioners from around the world gathered at Menri Monastery in Dolanji, India from September 3–7 for a week of special events commemorating the end of the mourning period for the death of the 33rd Menri Trizin, Lungton Tenpai Nyima Rinpoche, and the enthronement of the 34th Menri Trizin, Lungtok Dawa Dargyal Rinpoche. [More](#)

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## **A Poem by Tenzin Wangyal Rinpoche**

## Honoring the Life of Chögyal Namkhai Norbu

Tenzin Wangyal Rinpoche says: I send my deepest condolences to the Namkhai family upon the passing from earthly existence of Chögyal Namkhai Norbu Rinpoche. I have always considered Rinpoche as my teacher and guide and as a source of personal inspiration and support, and have continually held him with devotion in the purest place of my heart.

Some days ago I composed a poem for Rinpoche and asked the Ligmincha sanghas to join me in praying for his long life. A revised version is attached here, which will be translated into other languages. I invite you all to join in this prayer with me. [More](#)



## GlideWing Creative Potential Course Starts September 29

### With Tenzin Wangyal Rinpoche

The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “Awakening the Sacred Arts: Discovering Your Creative Potential,” will be held September 29–October 28, 2018. This four-week online workshop is for anyone who seeks to usher a vision into reality, whether through creative problem solving, personal growth or bringing creative artistry to a whole new level. [More](#)



## Four New Facebook Live Broadcasts Set

## Next Broadcast is October 3

Geshe Tenzin Wangyal Rinpoche will offer four new live Facebook broadcasts in October through December. You can view upcoming teachings on [Rinpoche's Facebook page](#) . [More](#)

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## Annual Fall Retreat Starts Soon at Serenity Ridge

### 'Powa: The Transference of Consciousness': October 16–21

There is still time to register for the October 16–21 Fall Retreat with Tenzin Wangyal Rinpoche on "Powa: The Transference of Consciousness." The powa teachings, from the Bön Mother Tantra, or Ma Gyü, are known to be particularly detailed, powerful, and in-depth. [More](#)

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## Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

### Upcoming Teachings for October–December 2018

Rinpoche's 2018 teaching schedule by date and location is available on the [Ligmincha International website](#) under the top menu Programs heading.

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The schedule includes Rinpoche's in-person teachings at Ligmincha International retreat centers or other locations throughout the world. It also includes his online teachings offered through Ligmincha Learning and GlideWing. [More](#)

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## **Ligmincha International's Biannual Report for 2016–2017**

### **What's Been Happening with the Organization**

Ligmincha International's Biannual Report for 2016–2017 was recently released. It is not only about finances! The report begins with a beautiful photograph of His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin, who passed away September 14, 2017. It also contains a lot about what has been happening during the past two years. The report includes a letter from Ligmincha President Rob Patzig; information about Ligmincha's founder, Geshe Tenzin Wangyal Rinpoche, and his new book; reflections from two sangha members; an update on technology; and more.

[Read Ligmincha's 2016&ndash;2017 Biannual Report](#)

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## **Ligmincha Learning's 'Transforming Our Emotions Through the Six Lokas'**

**October 26–December 15 with Tenzin Wangyal Rinpoche**

Register for Ligmincha Learning's online course with Tenzin Wangyal Rinpoche on "Transforming Our Emotions Through the Six Lokas." This seven-week course runs from October 26–December 15, 2018. [More](#)

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## **Two Tibetan Yoga Retreats in November at Serenity Ridge**

### **Part 1 Open to All; Part 2 for Previous Participants**

Two Tibetan Yoga (trul khor) retreats will be offered at Serenity Ridge in November. The retreats will be held concurrently, with Part 1 set for November 1–4 and Part 2 held November 2–4. Similar to last year, they will be taught by Alejandro Chaoul-Reich, Ph.D, a senior student of Tenzin Wangyal Rinpoche who has been teaching these retreats for more than 20 years. He will be assisted by Rob Patzig, president and board chair of Ligmincha International, an experienced yoga teacher and trul khor practitioner. [More](#)

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## **Ligmincha Costa Rica**

### **A Growing Sangha Looks Forward to Rinpoche's December Visit**

This December 14–16, Tenzin Wangyal Rinpoche will be teaching in San Jose, Costa Rica on "Sleep and Dream Yoga" in English with Spanish translation. All are welcome to attend! This will be Rinpoche's second time teaching there, with Alejandro Chaoul-Reich translating.

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Ale has been to Costa Rica many times, not only as a translator and a teacher himself, but also as a son-in-law! His wife, Erika, is from Costa Rica, so they have visited there often to see family. VOCL talked with Ale about his connection to this enthusiastic sangha and their beautiful country: [More](#)

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## **The 3 Doors**

### **‘The Awakening Power of Breath’ in October and Other News**

The 3 Doors is introducing a new interactive online course by 3 Doors senior teacher Laura Shekerjian, “The Awakening Power of Breath.” This four-week course (Saturdays, October 6, 13, 20 and 27) is designed to increase subtle awareness of breath to support the shifting and deepening of one’s experience.

[Learn more](#)

The 3 Doors has four two and one-half-year Academies and three shorter programs under way at this time. The Latin American Academy is graduating on September 27, 2018 – congratulations! Please check the website more 3 Doors programming coming in 2019.

[Visit the website](#)

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**View *Ligmincha Europe Magazine's* Latest Issue**

## Featuring Worldwide Sangha News

[Download the magazine as a PDF here](#) .  
[Read it on your screen here](#) .



## Spanish Translation of VOCL

## Link to August Issue Now Available

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

[Read VOCL in Spanish](#)



## 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 16–21, 2018**

**Fall Retreat: Powa: The Transference of Consciousness**

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

**November 1–4, 2018**

**Trul Khor: Tibetan Yoga for Health & Well-Being, Part 1**

with Alejandro Chaoul-Reich

[Learn more/register](#)

**November 2–4, 2018**

**A-Tri Trul Khor: Part 2**

with Alejandro Chaoul-Reich

[Learn more/register](#)

**December 26, 2018–January 1, 2019**

**Winter Retreat: The Experiential Transmission of Zhang Zhung, Part 5**

with Geshe Tenzin Wangyal Rinpoche

*Prerequisite: Previous completion of Parts 1, 2, 3 and 4 of the Experiential Transmission of Zhang Zhung series.*

[Learn more](#)

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](#)