

Volume 20, Number 6 / December 2020

[Read the full issue](#)



Letter from the Editors

Bringing Lightness to Life

Dear Friends,

This issue features two teachings by Tenzin Wangyal Rinpoche from his online retreat on the “Body of Light” hosted by Ligmincha Poland this summer. Both point us back to what is important—living life fully in the present and bringing more lightness to our view, our energy, and our actions. [More](#)



Fully Knowing Yourself and Becoming Lighter Along the Way

An Edited Excerpt from Oral Teachings by Tenzin Wangyal Rinpoche, August 2020

The dzogchen teachings introduce us to the idea of self-recognition. We are all familiar with the guru yoga prayer. Within it there is the request, *help me to recognize myself*. That is a very important part of the prayer. I don't know how much awareness you bring to that line, but it's important. [More](#)



New: Experiential Transmission of Zhang Zhung Series!

Part 1: Ngöndro Begins December 27 on Zoom

The five-year Experiential Transmission of Zhang Zhung series is the centerpiece of the Yungdrung Bön dzogchen teachings that are presented at the end of December each year, usually at Serenity Ridge in Virginia. We are excited to announce that this year, Part 1: Ngöndro will be held online via Zoom and is open to everyone.

Live simultaneous translation will be available in multiple languages. [More](#)



Ngöndro Practice Retreat on Zoom, January 2–6, 2021

With Geshe Yungdrung Gyatso and Marcy Vaughn

Immediately following the winter retreat, continue your practice of the ngöndro for up to five days with Geshe Yungdrung Gyatso, Ligmincha Poland's resident lama, and Marcy Vaughn, senior teacher. This is a wonderful opportunity to experience the benefits of practice and the support of sangha [More](#)



Why Is Ngöndro Important as a Foundation in the Dzogchen Experiential Series?

Previous Excerpts from VOCL Offer Guidance by Tenzin Wangyal Rinpoche

These excerpts are from two previous VOCL. The first two questions are from an interview in July 2005 with Tenzin Rinpoche about his Experiential Transmission teachings offered during annual winter retreats. The second is from oral teachings Rinpoche gave in December 2000 on "Opening One's Heart," the first practice of the ngöndro. [More](#)



Year-End Letter from Ligmincha President Rob Patzig

Help Support Ligmincha International

November 23, 2020

Dear Sangha,

We are living in a time of such great uncertainty, challenge and transformation. Isolation and loss in the face of Covid-19, separation across political and social justice issues, and the biodiversity crisis can seem overwhelming. How fortunate that the teachings of enlightened beings and realized masters of the Yungdrung Bön tradition are available to us! [More](#)



Spiritual Stories from Zhang Zhung

Lishu Teachers Offer Zoom Sessions in December and January

In the Bön tradition, spiritual stories are a traditional form of teaching. They inspire devotees and practitioners to develop and strengthen their faith in dharma teaching. Join Lishu Institute teachers Geshe Sherap Lodoe and Dr. Sangmo Yangri on Zoom December 19–January 3 for Spiritual Stories from Zhang Zhung. [More](#)



Two New Audiobooks by Tenzin Rinpoche

Awakening the Sacred Body and Awakening the Luminous Mind

We are pleased to announce the release of two new audiobooks by Tenzin Wangyal Rinpoche:
Awakening the Sacred Body

and

Awakening the Luminous Mind

. The books are read by senior teacher Marcy Vaughn, who edited both of the print books.

[More](#)



'Enhancing Your Spiritual Practice: Advice from Six Tibetan Nuns'

Next CyberSangha Broadcasts with Tenzin Wangyal Rinpoche and Invited Guests

Mark your calendar for Sunday, December 6, 10 a.m. New York time, for the next [CyberSangha](#)
[a](#) broadcast,

a conversation on “Enhancing Your Spiritual Practice: Advice from Six Tibetan Nuns.” And the next Full Moon practice is on November 30.

[More](#)



How to Deal with Our Parents

Teachings from Recent Online Retreat with Tenzin Wangyal Rinpoche

In August 2020, Ligmincha Poland hosted an online retreat on the Body of Light, attended by more than 800 people from around the world. During question-and-answer sessions, several students shared stories about their difficult relationship with their parents. Rinpoche elaborated on the subject, and talked about how we can use the teachings and our practice to heal and to have a fuller relationship. [More](#)



Pat Leavitt Shares Famous Granola Recipe

A Serenity Ridge Retreat Favorite!

Follow the instructions as given and you will only have to wash the oil off your hands once. What makes it so good? The hands-on mixing, as you're thinking about how much your family and guests are going to love it. This granola was adapted from the recipe served at Claymont Court in West Virginia. [More](#)



Ligmincha Learning Upcoming Online Courses

'Meditation, Breath and Movement' and 'The Three Heart Mantras'

Ligmincha Learning is pleased to offer upcoming online courses beginning in January with Tenzin Wangyal Rinpoche and Alejandro Chaoul-Reich. Courses feature beautiful video

teachings, guided meditations, readings, journal writing activities and the opportunity to interact with senior mentors and classmates from around the world. [More](#)



Special News from Ligmincha International Bookstore

New Items Just Arrived!

We are excited to announce that the Ligmincha International Bookstore and Tibet Shop has just received a special shipment from Kathmandu. We are hard at work getting the new items unpacked and posted online to share these new treasures with you. [More](#)



Sherap Chamma: Mother of Wisdom and Love

Three-Day Online Course in February 2021 with Marcy Vaughn

In many cultures the primordial female energy is seen as the origin of existence and the source of all positive qualities. As such, Sherap Chamma, Mother of Wisdom and Love, is the source of wisdom, and her medicine is love and compassion.

Senior teacher Marcy Vaughn will offer an online retreat on Sherap Chamma February 19–21 via Zoom. [More](#)



Sangha Sharing

From the Heart

(This issue features a piece by Vickie Walter from Maryland written after a practice session while on a personal 3 Doors retreat. VOCL invites you to share a short poem or writing of yours that has arisen through your connection to Bön. Please limit your poetry to 40 lines or less. Just send it to our [email](#) .)

Being in True Nature

I pull my chair into a patch of sunlight close to the low split-rail fence that separates the yard from the wild vegetation, tall trees and wide river beyond. I bring to this sitting the intention to explore being open in the world during these times [More](#)



Spanish Translation of VOCL

Link to October Issue Now Available

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