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Letter from the Editors

Union of Ancient and Modern

Dear Friends,

We have big news for you! For the first time ever, all are invited to participate in this year's online two-week Summer Retreat with Tenzin Wangyal Rinpoche. He will focus on a 12th century heart-essence teaching, "The Seven Mirrors of Dzogchen," from June 20–July 3. You can attend Week 1, Week 2 or both weeks, and flexible pricing is being offered as well. It is such a gift to have this opportunity now during the time of the pandemic, [More](#)



Special Summer Two-Week Online Retreat

'The Seven Mirrors of Dzogchen' with Geshe Tenzin Wangyal Rinpoche

Join us online for a special Summer Retreat with Tenzin Wangyal Rinpoche starting June 20. "The Seven Mirrors of Dzogchen" is a powerful heart-essence teaching from the Tibetan Bön Buddhist tradition. It offers a direct introduction to the clear, open awareness of our true nature as well as methods for maintaining the recognition of who we truly are.

Everyone from around the world is invited to participate in this special two-week online summer retreat, beginning June 20 and ending July 3, 2020. You may attend Week 1, Week 2 or both weeks. [More](#)



Online Auction June 23–July 7

Part of Summer Retreat Online Activities

This summer, we are not only bringing Tenzin Wangyal Rinpoche's summer retreat at Serenity Ridge online; we also are offering participants as much of the retreat experience as we can. One important part of that experience is the summer auction, which this year will take place completely online from June 23–July 7. [More](#)



'Coming to Rest in the Sheer Aliveness of Being'

An Excerpt from *Spontaneous Creativity* by Tenzin Wangyal Rinpoche

Being introduced to the inner refuge of the natural mind sets in motion a powerful journey of transformation. Ignorance of the inner refuge—our true nature—is the root cause of suffering. We are not trying to get ignorance to change. But ignorance needs a good rest, because it has been working too hard. It is inefficient and unproductive and drains our energy with no positive outcome.

When we are not aware of the openness of being, we suffer, and we try to do anything to relieve our discomfort. We look for things to be different from what is here. [More](#)



Public Address by H.H. Lungtok Dawa Dhargyal Rinpoche

First Online Talk by His Holiness Now on YouTube

On May 13, 2020, Ligmincha International premiered a recorded public address by H.H. Lungtok Dawa Dhargyal Rinpoche, the 34th Menri Trizin and spiritual leader of the Tibetan Bön tradition. In his eight-minute presentation, His Holiness offers the international community his thoughts and advice concerning the global COVID-19 pandemic. [More](#)



Tenzin Wangyal Rinpoche Sabbatical for 2020

Stay Connected Online

Geshe Tenzin Wangyal Rinpoche has announced that he is cancelling almost all of his in-person teachings for the remainder of 2020, and extending his sabbatical through the end of the calendar year. He will continue online teachings and practices through his Facebook webcasts, which will be done from his home. [More](#)



CyberSangha Offerings for June 2020

Tenzin Wangyal Rinpoche Plans a Full Schedule of Free Online Broadcasts

To support us all in maintaining serenity, staying healthy and caring for loved ones during the worldwide pandemic, throughout June 2020 Tenzin Wangyal Rinpoche continues to offer a full schedule of live online broadcasts from his home. They include teachings, guided meditations, mantra recitation sessions and conversations with invited presenters. [More](#)



Help Continue Support for Practitioners During These Times of Change

A Letter from Ligmincha President Rob Patzig

Dear Ligmincha Sangha,

At Ligmincha right now we are thinking so much about the extended family that is this sangha. It is our collective prayer that the practices of Yungdrung Bön sustain you during these turbulent times. COVID-19 is creating so many challenges to physical, mental and economic well-being worldwide, and all of us are affected in different and lasting ways.

Ligmincha has radically reoriented itself for better support of practitioners around the world during this time of social distancing and sickness. [More](#)



Ligmincha Learning Online Courses

'The Three Heart Mantras,' 'The Six Lokas' and More

Ligmincha Learning is pleased to offer two upcoming online courses with Tenzin Wangyal Rinpoche. 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](#)



'Tibetan Dream Yoga' and Self-Guided Zhiné

GlideWing Online Courses

Glidewing is pleased to offer an online workshop with Tenzin Wangyal Rinpoche on “Tibetan Dream Yoga” from June 27–July 26, 2020. In this four-week online workshop, students will explore the ancient Bön Buddhist teachings of Tibetan dream yoga. [More](#)



***Ligmincha Europe Magazine's* Final Issue #30**

Gratitude for Magazine's Beautiful Support to Students

Ton Bisscheroux, editor and founder of *Ligmincha Europe Magazine*, has worked tirelessly and with much love and devotion over the past 10 years on each color-filled online magazine that has given the worldwide sangha so much. Through in-depth interviews, articles on the European retreats and sangha, poetry and photographs and lots more, he has connected us all to the wisdom of Bön, to our teachers and to the sangha.

[More](#)



Finding Connection Through Free 3 Doors Zoom Sessions

Join Us for Guided Practice and Discussion in June and More

During these times when many people are experiencing stress or feelings of isolation, The 3 Doors has been offering well-attended opportunities to gather and practice together on Zoom. Join senior teacher Marcy Vaughn June 10 for a new guided session, or listen to other free prerecorded sessions that are available. [More](#)



Sangha Sharing

From the Heart

This offering by Jacob Kelly in Colorado was inspired by Tenzin Wangyal Rinpoche, his beloved root lama, and the teachings Rinpoche gave while on retreat in Boulder, Colorado, in fall 2019. We invite YOU to share a poem of yours that has arisen through your connection to Bön. Just send it to our [email](#). [More](#)



Student and Teacher

Together on the Path

As students on the Tibetan Bön Buddhist path, we offer our teachers a range of questions from the simple to the complex. Here is a question about knowing what practice to do and when. [Mo](#)

[re](#)



Spanish Translation of VOCL

Link to April Issue Now Available

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

[Read VOCL in Spanish](#)