

**Volume 21, Number 4/ August 2021**

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**Letter from the Editors**

**Sending Prayers and Love**

Dear Friends,

Together we share so much. As humans, as Bon practitioners, as part of the Ligmincha International community. We are in this together with trust and refuge in the truth of who we are. We share our daily lives, our ups and downs, our illnesses, and even the births and deaths of those close to us. We also share our compassion and empathy around the world, sending prayers for healing, with our love and wishes for happiness and long life for each other. [More](#)

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**Guidance from the Heart**

**An Edited Excerpt from Oral Teachings Given by Tenzin Wangyal Rinpoche, Summer 2021**

As you know, we have been starting every practice doing tsa lung and the nine breathings and then the prayers of guru yoga, refuge and bodhicitta. These form a basic foundation that we have been doing at retreats and continuing in our daily lives. And I feel strongly that this is what you can do for the rest of your life if you want to be serious. [More](#)

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## **Help Serenity Ridge Reopen!**

### **Funds Needed for Repairs and Improvements**

Dear Sangha and Friends,

Rinpoche and all of us at Ligmincha send our greetings. We hope that our retreats with Tenzin Wangyal Rinpoche, our resident lamas, and our Western teachers, as well as our courses and publications, have supported you throughout this past challenging year.

Like you, we are starting to enjoy the lifting of restrictions and coming back together again in person with loved ones, friends and sangha. [More](#)

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## Investing Our Attention in Openness

### The 3 Doors Sixth North American Academy Begins in October

*The 3 Doors will begin its sixth North American Academy October 6-12, 2021, at Serenity Ridge Retreat Center in Virginia. The intensive two-and-a-half-year program is led by senior teachers Marcy Vaughn and Gabriel Rocco. Joan Oliver, an Academy graduate, recently talked with Marcy about the Academy and the benefits of attending. [More](#)*

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### Tenzin Wangyal Rinpoche's Upcoming Teaching Schedule

#### Hosted by Ligmincha Centers Around the World

Traditionally each summer and fall, Tenzin Wangyal Rinpoche travels and teaches around the world. This summer continuing into the fall he will be teaching these retreats online through Zoom, each one organized by the host countries where the retreats are usually held. Here are the dates for his upcoming retreats for August through October. [More](#)

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### Ligmincha Raises \$100,000 for India's Covid-19 Crisis

#### Thanks for Your Support for Successful Fundraiser

To provide support during the Covid-19 crisis in India, Tenzin Wangyal Rinpoche began a fundraising campaign to raise \$100,000 for three organizations in India. We are pleased to

announce that this goal has been met! [More](#)

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## Falling Asleep During Meditation

### A Conversation About How to Remain Wakeful During Practice

*During retreats and online guided meditations Ton Bisscheroux has sometimes fallen asleep. He's felt ashamed, and blamed himself for missing a chance to abide in open awareness. Sometimes his judgment was milder because he found himself relaxing deeply and having no discursive thoughts. To explore this more deeply, he talked with Laura Shekerjian and Raven Lee, both senior students with Ligmincha International and senior teachers with The 3 Doors.* [More](#)

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## Ligmincha Learning's Upcoming Online Courses

**Sherap Chamma August 6, Five Elements August 27, Six Lokas September 17**

Ligmincha Learning is pleased to offer three upcoming video-based online courses beginning in August or September: Sherap Chamma: Mother of Wisdom and Love with Marcy Vaughn; The Five Elements, Healing with Form, Energy and Light with Tenzin Wangyal Rinpoche; and Transforming Our Emotions Through the Six Lokas with Tenzin Wangyal Rinpoche. [More](#)

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## **CyberSangha 2021 Online Program Updates**

### **Full Moon Practice August 21**

Tenzin Wangyal Rinpoche's 2021 program continues to explore the three doors of body, speech and mind with live teachings and guided meditations, science/spirituality dialogs and mantra recitation sessions. Every offering is free and open to all. [More](#)

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## **Upcoming GlideWing Online Workshops with Tenzin Wangyal Rinpoche**

### **Tibetan Dream Yoga and Who Am I? A Journey to Self-Realization**

GlideWing is pleased to offer two upcoming online workshops with Tenzin Wangyal Rinpoche: Tibetan Dream Yoga from September 4-October 3 and Who Am I? A Journey to Self-Realization from October 16-31 (please note this new date). [More](#)

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## **From Pat Leavitt's Kitchen: Freestyle Pesto**

## A New Take on a Traditional Dish

Lambs quarters, *Chenopodium album*, is an edible native plant that grows wild in Virginia and many parts of the world. It is coming up in my garden and is so good in pesto!

[More](#)

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## Spanish Translation of VOCL

### Link to June Issue Now Available

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

[Read VOCL in Spanish](#)