

**Volume 22, Number 6 / December 2022**

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**Letter from the Editors**

**Remembering to Rest**

Dear Friends,

We are happy to announce the arrival of a new book by Tenzin Wangyal Rinpoche, *A-tri Dzogchen: Teachings from the Bon Tradition on Recognizing the Nature of Mind*.

The book is based on Rinpoche's teachings in Amsterdam over a period of seven years.

[More](#)

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**End-of-Year Letter from Rob Patzig**

## Update on Serenity Ridge in 2022 and Ligmincha Plans for 2023

Dear Sangha,

Greetings! We hope you were able to attend our retreats in 2022, either at Serenity Ridge or through one of our many Ligmincha organizations worldwide. As with all of Ligmincha's centers, much work was done at Serenity Ridge to welcome guests again after having been closed for two years. [More](#)

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### Discovering Ourselves Through Fully Resting

### An Excerpt from Tenzin Wangyal Rinpoche's New Book *A-tri Dzogchen*

*This excerpt from Tenzin Wangyal Rinpoche's newest book, A-tri Dzogchen: Teachings from the Bon Tradition on Recognizing the Nature of Mind, is from a session called Concentration Without Attributes.*

This session is very much about discovering ourselves through fully resting. This second part of concentration practice is abiding in awareness without relying on attributes, without the external support used in the earlier stages. Here, we just rest and abide. [More](#)

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## **New *A-tri Dzogchen* Book Available in Store**

### **Based on Tenzin Wangyal Rinpoche's Teachings in the Netherlands**

Tenzin Wangyal Rinpoche's new book, *A-tri Dzogchen: Recognizing the Nature of Mind in the Bon Tradition*, is now available in the Ligmincha Store. In *A-tri Dzogchen*, Tenzin Wangyal Rinpoche shares essential teachings and practices for recognizing and resting with open awareness in the true nature of one's mind.

This book grew out of teachings given to students in Amsterdam from 2013-2019. [More](#)

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## **Winter Retreat: Experiential Transmission of Zhang Zhung, Part 3**

### **Third Part of Five-Year Dzogchen Series**

The Experiential Transmission of Zhang Zhung is the centerpiece of Geshe Tenzin Wangyal Rinpoche's dzogchen teachings held every December at Serenity Ridge. This year, Rinpoche continues the third year of this five-year cycle. Attendance is possible both in person at Serenity Ridge and online via Zoom. [More](#)

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## Tenzin Wangyal Rinpoche's Upcoming Teaching Schedule

### New Offerings in 2023

Here is Geshe Tenzin Wangyal Rinpoche's teaching schedule. Updates will be provided on the [Ligmincha website](#) as they become available. [More](#)

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### Meet Olivia Zsamboki

### Ligmincha International's New Program Manager

Ligmincha International is pleased to announce the hiring of Olivia Zsamboki as our new program manager. This is a new position for Ligmincha, and one that is much needed. Olivia joins us after years of active volunteer and organizing efforts with Ligmincha Hungary. [More](#)

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### Upcoming CyberSangha Events

### Next Broadcast with Tenzin Wangyal Rinpoche December 6

The CyberSangha team warmly invites you to join in the following new offerings. They include a teaching and guided meditation with Tenzin Wangyal Rinpoche on December 6 followed by a 24-hour full moon practice on December 7. They're free and open to all, and we hope you can join us. [More](#)

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## **Healing The Earth and Our Communities Through Indigenous Traditions**

### **First Panel North-East India & Mongolia on December 3 and 4**

Join us for Ligmincha International's first panel on Indigenous Healing Traditions as we welcome Mr. Dorjee Ren, from the Lepcha tribal tradition of North-East India, and Shaman Byambatseren, from Mongolia. Both will share their experiences on entering the healing path, ways of relating to nature, and ways of healing through connection to ourselves, to each other and to our beautiful planet. Both sessions will be hosted by Khandro Tsering Wangmo Khymtsar.

[More](#)

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## **Chamma Ling Poland Water System Update**

### **Fundraising Efforts Continue**

The fundraiser for Chamma Ling Poland retreat center is going well, but more funds are still

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needed to repair the water system, which is no longer functional. [More](#)

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## **Ligmincha Learning Courses**

### **Tsa Lung, Transforming Our Emotions, Treasures of Bon**

Ligmincha Learning is offering several online courses through February 2023. These online 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](#)

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### **The Nature of Mind: Achieving Great Bliss Through Pure Awareness**

#### **GlideWing Online Workshop Begins January 7**

GlideWing is pleased to offer Tibetan Meditation: The Nature of Mind, Achieving Great Bliss Through Pure Awareness, a three-week online workshop with Tenzin Wangyal Rinpoche from January 7-29, 2023. Participants will practice from their own homes, at their own schedule, with guidance from Rinpoche. [More](#)



## Discovering Refuge Within

### New 3 Doors Course Starts January 5

The 3 Doors will offer Discovering the Refuge Within: An 8-Week Meditation Journey, from January 5 through February 23, 2023. The online course, focusing on the foundational practices of stillness, silence, spaciousness and abiding in inner refuge, will be taught in English by authorized 3 Doors teachers Juanita Rockwell and Phil Tonne. [More](#)

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## Recent Reflections of the Day

### With Tenzin Wangyal Rinpoche

*Tenzin Rinpoche continues to write frequent Reflections of the Day. As he explained when he began posting them last spring on Facebook: I try to share them here from a spacious, luminous, warm place in my heart. With each post, I pray: Whoever reads and reflects on these lines, may they benefit from them!* [More](#)

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## Student and Teacher

## Together on the Path

*In the following student questions from the recent A-tri Dzogchen retreat in Crestone, Colorado, Tenzin Wangyal Rinpoche gives advice about the importance of resting, from our thoughts, our discomfort, our minds, during both practice and in our daily life. [More](#)*

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## 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](#)