

## Volume 22, Number 1/ February 2022

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### Letter from the Editors

#### Allowing Yourself to Shine

Dear Friends,

With a new year upon us, we often place a lot of expectations on ourselves for new beginnings, resolutions, goals, or changes, all with good intention and aspiration. But these expectations can end up feeling like a lot of pressure and effort to accomplish, and actually can make us feel worse. So what does it really mean to let go of old patterns, old habits? [More](#)

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#### Bringing the Magic of *Allowing* to Life

## An Excerpt from Tenzin Wangyal Rinpoche's Winter 2021 Retreat

We begin the new year with good vibrations, good energy, a sense of good connectedness and maybe one simple word, *allowing*. [Rinpoche smiles] Sometimes regarding meditation we say, don't *try* to have the experience, rather *allow the experience*.

In the same way, don't

*try*

to be something, just

*allow*

yourself to be yourself, whoever you are.

[More](#)



## New Book by Tenzin Wangyal Rinpoche Available Soon

### ***The Seven Mirrors of Dzogchen: Teachings and Commentary on an Ancient Dzogchen Text***

Tenzin Wangyal Rinpoche's newest book will soon be available in the Ligmincha Bookstore and Tibet Shop! *The Seven Mirrors of Dzogchen: Teachings and Commentary on an Ancient Dzogchen Text*, comes from teachings that Rinpoche gave during his 2020 summer retreat, which was held completely online and drew more than 600 participants from 43 countries around the world. The book is expected to be available in mid-February, and you can sign up to be notified when it arrives. [More](#)



## Online Retreat with Marcy Vaughn February 5-6

### Sherap Chamma: Mother of Wisdom and Love

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. The teachings of Sherap Chamma comprise one of the most important tantric cycles of the ancient Bon tradition. [More](#)

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### Happy Losar!

### Celebrating the Tibetan New Year

Join us in celebrating Losar, the Tibetan New Year! This is the year of the water tiger and according to the Tibetan lunar calendar, in this year 2149 Losar falls on March 3-5. Ligmincha is working to organize events for this time. The annual Losar celebration will take place online this year, with practices and celebrations from teachers and sanghas around the world. [More](#)

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### Raising Prayer Flags

## Raven Cypress-Wood Shares a Brief Description

*Prayer flags are often raised on Losar, the beginning of the Tibetan New Year. Raven Cypress Wood, who maintains a website of ancient wisdom from the Yungdrung Bon tradition called Nine Ways, shares a brief description of raising prayer flags. [More](#)*

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## Tenzin Wangyal Rinpoche's Upcoming Live Teaching Schedule

### Includes New Dates for 2022

Geshe Tenzin Wangyal Rinpoche's teaching schedule for 2022 continues to grow! And more dates will be added soon. At this time, four seasonal retreats at Serenity Ridge are planned to be offered both in person to a limited number of participants, following social distancing guidelines, as well as online. [More](#)

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## Serenity Ridge Spring Retreat on Breath and Awareness

### Scheduled for Onsite and on Zoom March 31-April 3

Join us March 31-April 3 at Serenity Ridge in Virginia or online via Zoom for Tenzin Wangyal

Rinpoche's spring retreat. Rinpoche will be teaching on The Nine Winds: Exploring the Union of Breath and Awareness.

The winds (*lung*, prana or chi) are the essential energy underlying all of existence. [More](#)

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## **Ligmincha Learning Past, Present and Future**

### **New Programs, Other Changes to This Online Learning Platform**

Ligmincha Learning began in 2009 as a way for Tenzin Wangyal Rinpoche to share detailed instruction on Bon practices with students outside of a retreat setting. Over the years, many new programs and features have been added to this online learning platform, and plans for further expansion are under way. [More](#)

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## **Ligmincha Learning's Upcoming Online Courses**

### **Several Courses Offered in February and March**

Ligmincha Learning is pleased to offer several upcoming video-based online courses beginning in February and March: The Three Heart Mantras with Tenzin Wangyal Rinpoche; Meditation,

Breath and Movement with Alejandro Chaoul-Reich; and Ngondro: The Foundational Practices with Tenzin Wangyal Rinpoche. [More](#)

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## The Latest CyberSangha Offerings

### New Full Moon Series Plus 'Favorite CyberSangha Video' Program

The CyberSangha team warmly invites you to participate in the following new offerings! They include a 24-hour full moon practice on February 16 and a free February 5 screening of Rinpoche's most-watched CyberSangha video. [More](#)

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## Student and Teacher

### Together on the Path

**Student:** Could you speak about self-reflection and how one can extend this more into one's everyday life? I am able to reflect during my sitting practice and realize, for example, not to do something, but then it is so easy to forget in daily life and react with negative emotions like anger. How can we be more conscious during the day? [More](#)

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## **Upcoming GlideWing Online Workshop**

### **Tibetan Sound Healing Begins February 12**

GlideWing is pleased to offer Tibetan Sound Healing, an online workshop with Tenzin Wangyal Rinpoche from February 12-March 6. In this three-week workshop participants will learn to use the healing power of the five sacred seed syllables known as the Five Warrior Syllables. Participants will practice from their own homes, at their own schedule, with personal guidance from Rinpoche. [More](#)

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## **Spanish Translation of VOCL**

### **Link to December Issue Now Available**

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

[Read VOCL in Spanish](#)