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Letter from the Editors

Bringing Our Best into Being

Dear Friends,

When we struggle with uncertainty and our anger, our pain and our fears get the best of us, we limit the possibilities in our lives. We know this is true, but how do we handle the anger and the fears? How do we see through them? Read Tenzin Wangyal Rinpoche's clear and inspiring guidance in the excerpt below [More](#)



End-of-Year Letter from Rob Patzig

Very Active Plans for 2024

Dear Sangha and Friends,

As we come to the end of 2023, Ligmincha International and Serenity Ridge are looking forward to a very active 2024. Many of these plans involve programs that will begin at Serenity Ridge Retreat Center only to turn into programs that may be held at other retreat centers, or online for our global community. [More](#)



Gaining an Unshakable Trust in One's Basic Nature

An Excerpt from Tenzin Wangyal Rinpoche's Webcast Series on The Healing Power of Breath

It's not uncommon these days to hear people express feelings of helplessness in what they are experiencing as an uncertain world. I know many of us are probably feeling similar things, such as feeling doubtful and not feeling safe as our sense of certainty is shaken by all of the political situations, the fighting and the ongoing instability within the country and around the world. [More](#)



Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

December 2023 and Upcoming in 2024

Here is Geshe Tenzin Wangyal Rinpoche's upcoming teaching schedule. Many new dates have been planned for 2024. Continue to check the [Ligmincha website](#) for updates and additions to Rinpoche's schedule. Rinpoche returns soon to Serenity Ridge for the annual winter retreat at the end of December. Then beginning in 2024 Rinpoche will be traveling a lot, teaching in Brazil in January, then back to the US in February through April, then traveling to many places in Europe during April and May,

[More](#)



Annual Winter Retreat December 26, 2023-January 1, 2024

Experiential Transmission of Zhang Zhung, Part 4

The Experiential Transmission series, the centerpiece of Rinpoche's dzogchen teachings, is presented each year at the Serenity Ridge winter retreat. This December, Part 4 of the five-year cycle of teachings focuses on overcoming obstacles to realizing the nature of mind.

You can attend the retreat in person at Serenity Ridge or online through Zoom. [More](#)



Tummo Practice Retreat in January

The Bliss of Inner Fire with Geshe Yungdrung Gyatso

Join us this January for our first Tummo Practice Retreat at Serenity Ridge, with Geshe Yungdrung Gyatso. You can attend for three or seven days, in person at Serenity Ridge or online via Zoom.

All are welcome! Anyone who attend the retreat, including those new to the practice of tummo, will meet the prerequisite to attend the teachings of Tummo Part 4 [More](#)



Upcoming CyberSangha Events

Next Live Broadcasts with Tenzin Wangyal Rinpoche

You are warmly invited to join Tenzin Wangyal Rinpoche, invited guests and fellow participants for any or all of these upcoming online events. Free and open to all, most of these events are part of Embracing Life with Wisdom & Compassion, Rinpoche's free yearlong program. [More](#)



Thank You for Supporting Ligmincha

Please Consider Year-End Donation

Dear Sangha and Friends,

This year, we have all seen images in the news of the great suffering many around the world are experiencing. How very fortunate we are to have come into contact with the precious Bon teachings and teachers who so generously share their wisdom and knowledge so that we may connect with our inner wholeness beyond suffering, and with compassion for ourselves and others. [More](#)



Ligmincha Learning Tsa Lung Course Starts December 1

Look for Sleep Yoga Course in the New Year

Ligmincha Learning is pleased to offer Meditation, Breath and Movement with Alejandro Chaoul-Reich beginning December 1. In 2024, Sleep Yoga with Tenzin Wangyal Rinpoche will be offered in March and again in November 2024. Stay tuned for more courses to be announced soon on the [Ligmincha Learning](#) website. [More](#)



Newly Scheduled: 2024 GlideWing Workshops

With Tenzin Wangyal Rinpoche

All GlideWing online video workshops listed below also feature personal support and guidance throughout from Tenzin Wangyal Rinpoche. [More](#)



Join Us for Sacred Interviews

A New Free Online Event Series

Ligmincha International and Ligmincha Brazil launched a new online program in November called "Sacred Interviews. During the first session, participants learned more about the life and background of Geshe Denma Gyaltzen, resident lama of Ligmincha Texas. [More](#)



Join 3 Doors Self-Transformation Retreat December 2 and 3

Coming in 2024: Three Signature Academies Around the World

Everyone is welcome to join The 3 Doors community on December 2 and 3 for a dynamic

weekend retreat with Tenzin Wangyal Rinpoche as he explores the topic of self-transformation. Rinpoche, Tibetan meditation teacher and founder of Ligmincha International, founded The 3 Doors in 2010 to support people to transform their lives through meditation. [More](#)



Sharing the Timeless Joy

From the VOCL Archives

Here we share two students' writings about their experience and joy in finding connection to Tenzin Wangyal Rinpoche while on retreat, and what it meant to them to meet the kind sangha we all share. This article was previously published in the December 2006 VOCL. [More](#)



Student and Teacher

Together on the Path

Asked whether fear arises in the dissolution of one's ego, Tenzin Rinpoche responds during a Facebook Live webcast in February 2017, archived on the [CyberSangha website](#). [More](#)



Spanish Translation of VOCL

Link to October 2023 Issue Now Available

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

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