

Announcements Issue

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Letter from the Editors

Finding Joy



Dear Friends,

This just in! Ligmincha is happy to announce the next six-month series of free online webcasts with Geshe Tenzin Wangyal Rinpoche set to begin September 10. The topic is “Living with Joy, Dying in Peace.” We hope you can tune in from your computer for this new series. A special thank-you to all of those who have been working tirelessly to bring Rinpoche's webcasts to viewers all around the world, simultaneously translating the teachings into as many as 12 different languages. We hope you are enjoying them as we are! Don't hesitate to explore the archive of past webcasts if you've missed any. [Find out more here](#) .

We can all give thanks for the news that His Holiness Lungtok Tenpai Nyima's health is greatly improved. He is even getting to travel home to India from the U.S. for a brief period.

Lots more news to share! Get a glimpse of the groundbreaking ceremony that happened in June at Serenity Ridge, blessings and rituals to set the way for the construction of a new building beginning this fall. You can still help out in making this dream a reality. Find out how to

contribute financially. Learn more about our upcoming Fall Retreat at Serenity Ridge on the topic of Chöd, and the meaning of this important practice. Make note that the November retreat on Trul Khor (Tibetan Yoga), Part 1 has been canceled due to the new construction. New dates will be announced later for 2017. And think about contributing your time, skill and energy in a resident program position at Serenity Ridge. We are in need of a few individuals who can be of service during this special time of growth.

You'll also find a brief but important article to let you know about the new Facebook and Twitter pages for Ligmincha International.

The 3 Doors Academy is always up to something new! Check out their new and improved website with some newly listed offerings.

We are happy to share with you inspiring international sangha news in this issue. Sangha member Nicolas Gournaropoulos, in Belgium, writes about his experience and service working with prisoners as part of Ligmincha's Prison Project. Please don't miss the link to the recent Summer *Ligmincha Europe Magazine* – always full of wonderful articles and a broad scope of news in Europe and worldwide. And our translators are hard at work to bring you Voice of Clear Light in Spanish and Portuguese. You can find the links below. So many connections and ways to grow!

Also learn about upcoming online courses with Geshe Tenzin Wangyal Rinpoche. Ligmincha Learning will offer courses on The Three Heart Mantras and The Six Lokas. Upcoming GlideWing workshops will focus on the Sacred Arts and Dream Yoga.

How does Rinpoche do it all? See the article about his teaching schedule for simply the months of August, September and October and you see why we ask that! He will travel and teach around the world, and, as you must already know, he will stay so present and at home wherever he goes. Amazing. We are all so fortunate to have him as our teacher. Thank you, Rinpoche!

In Bon,
Aline and Jeff



New! Free Six-Month Course with Tenzin Wangyal Rinpoche 'Living with Joy, Dying in Peace' Starts September 10



Beginning September 10, 2016, Tenzin Wangyal Rinpoche will offer a free, six-month Internet course on Living with Joy, Dying in Peace. The course includes everything from free monthly live webcasts to a discussion forum, recorded webcasts, downloadable print materials and MP3 audio recordings.

[Register for the first webcast in the series \(September 10\)](#)
[Register separately for six-month course](#)
[Access real-time translations in as many as 12 languages](#)

About the Course

The more attached we are to our loved ones, our possessions and our sense of identity, the more we suffer. Realizing this truth frees us to find joy in each simple moment of life, and peace at the moment of death. According to the Tibetan spiritual traditions, living and dying are part of a sacred continuum. Death need not be considered a failure, negative or even a loss; rather, it is a transition toward a new beginning.

In this six-month series of teachings and guided meditations, Geshe Tenzin Wangyal Rinpoche will help you to:

- Let go of your false identity and discover who you truly are.
- Free yourself from fears and attachments.
- Find more hope and joy in life.
- Understand the dying process as a pathway to wisdom and rebirth.
- Recognize the parallels between dying and falling asleep.
- Find peace with your own death.
- Help others through sickness and death.

The course is open to everyone, from the young and healthy to those who are facing death, and their caregivers. **You must register separately** for each live webcast event, as well as for the six-month course with its [full support materials](#) .

Webcast Schedule

Each live webcast is scheduled for the second Saturday of each month and will take place from 3-4:10 p.m. Eastern Time U.S. (New York time). Within a few days after each live webcast, the recorded webcast will be posted at the [Ligmincha Learning course site](#) and the [Ligmincha International Internet Teachings](#) page.

The first free webcast in the series, “Releasing Attachments, Finding Freedom and Joy,” will be held Saturday, September 10. Grasping at something you are sure to lose can only lead to pain and suffering. Through this teaching and guided meditation with Tenzin Wangyal Rinpoche, discover the way to a more joyful and vibrant life by realizing the truth of who you really are, understanding that nothing in this life lasts forever, letting go of strong attachments to possessions and loved ones, and relating to each moment with more openness, playfulness and depth of connection.

- **September 10, 2016**—Releasing Attachments, Finding Freedom and Joy. [Register now](#)
- **October 8, 2016**—Transcending Fear, Finding Hope
- **November 12, 2016**—Asleep but Not Unconscious: Discovering Awareness in the Sleep State
- **December 10, 2016**—Sleep and Death as Doorways to Wisdom
- **January 14, 2017**—Finding Peace with Death
- **February 11, 2017**—Helping Loved Ones Through Sickness and Death

How to Participate

To take part in the free live webcasts, simply join us from your home computer or other device, or at one of Ligmincha's participating practice groups or centers worldwide. Each webcast is free and open to all and requires no prerequisite. However, to make the most of this course, students are encouraged to view all six live webcast events of the series, and/or the recordings of those webcasts [at the course site](#), and to put what they learn into practice daily between sessions. A chat screen on the broadcast page enables asking questions. Also see the [Webcast FAQ page](#).

To participate in the full six-month course with its discussion forum and full support materials, register at [Ligmincha Learning](#). For added support, monthly group webcast viewings and regularly scheduled group meditation practices based these teachings, will be available in many locations worldwide. [Contact your nearest local center or sangha](#) to inquire about group screenings or guided meditations they may be hosting related to this course. If you are interested in starting an informal group in your area, email webcast@ligmincha.org to indicate your interest and learn more. [Guidelines for starting a practice group](#)



Thankful News from Chongtul Rinpoche
His Holiness Lungtok Tenpai Nyima's Health Greatly Improved!



Breaking New Ground Atop Serenity Ridge! Taking the Retreat Center to a New Level



On the morning of June 26, Summer Retreat participants and many invited guests gathered at Serenity Ridge. The purpose was to break ground for the new building to be built between the gompa (meditation hall) and the Lama House. This new building will contain a new kitchen, dining hall capable of seating up to 100 people, practice and meeting rooms, some office space and a fully equipped recording studio.

The days preceding the groundbreaking were full of rain and wind, even into the night before

the event. And while many expected rain to delay the ceremony, the clouds and rain passed just in time, and the event went perfectly.



Led by Tenzin Wangyal Rinpoche and supported by Geshe Denma Gyaltsen, our resident lama in Houston, Texas, and Geshe Tenzin Yangton, Serenity Ridge's own resident lama, the space was cleared of any negative energies. Offerings and prayers were made to Yeshe Walmo, animals, plants and all the other beings living at and around Serenity Ridge.



[Serenity Ridge Retreat Center](#) is now accepting applications for the Resident Program. We

Resident Program Positions Available

Be of Service at Serenity Ridge



A limited number of resident program positions are now available at Serenity Ridge Retreat Center, founded by Tenzin Wangyal Rinpoche and headquarters of Ligmincha International. Apply now if you are interested!

The resident program offers individuals a chance to deepen their practice while working 29 hours per week for Serenity Ridge Retreat Center. These positions are in the areas of housekeeping, maintenance, groundskeeping, program support and, on occasion, office support. Applicants are asked to be flexible in their assignments.

[Learn more](#)

If you have additional questions, please contact the [Serenity Ridge operations manager](#).



Introducing the New Ligmincha International Facebook Page!

Social Media Updates for Ligmincha and Serenity Ridge

To better inform you about the worldwide teachings of Geshe Tenzin Wangyal Rinpoche and the Bön Buddhist tradition of Tibet, Ligmincha International has a new Facebook page: <https://www.facebook.com/ligminchainternational/>

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When you “like” this new page, you’ll receive inspiring quotes, webcast notices and early updates regarding worldwide activities, teachings and other news related to Geshe Tenzin Wangyal Rinpoche and Ligmincha International centers and sanghas.

If you are already a follower of the Serenity Ridge Facebook page (formerly Ligmincha International at Serenity Ridge), you will continue to receive the same updates and photographs related to Serenity Ridge, upcoming retreats, and other local or international happenings. You can now find the Serenity Ridge page at: <https://www.facebook.com/serenityridgeretreats/> .

Also follow us on Twitter!

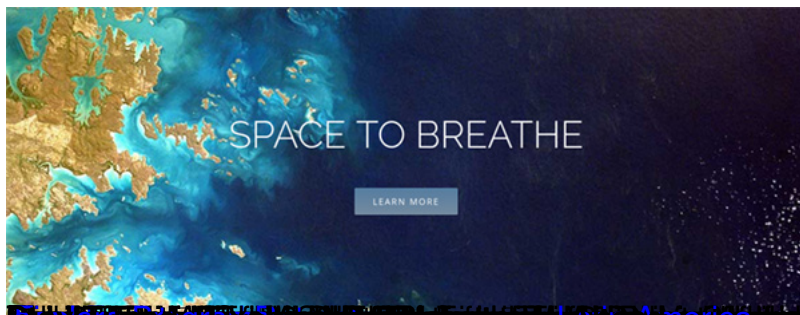
[Ligmincha International on Twitter](#)

New: [Serenity Ridge on Twitter](#)



Meet the New 3 Doors Website

Expanding and Clarifying



[South America](#) [Europe](#) [Africa](#) [Asia](#) [Oceania](#) [North America](#) [Middle East](#)



THE 3 DOORS

g of the world, the practice of chöd is a creative and skillful method for dissolving the emotional conflicts and dissatisfaction in your life by cutting through, with compassion, the fear and attachment that obscure your natural state of mind.

Register Now for Fall Retreat at Serenity Ridge

Oct. 12 –16: The Practice of Chöd from the Bon Mother Tantra



Join us October 12–16 for Tenzin Wangyal Rinpoche’s annual Fall Retreat at Serenity Ridge. Rinpoche will teach on the topic of “Fear and Attachment: Doorways to Liberation – The Practice of Chöd from the Bon Mother Tantra.”

There is not one person who does not face problems in life. Many of these problems have to do with fear and attachment. Fear and attachment are also the most critical obstacles to realizing your essential nature.

The practice of chöd is a creative and skillful method for dissolving the emotional conflicts and dissatisfaction in your life by cutting through, with compassion, the fear and attachment that obscure your natural state of mind.

[Learn more/register](#)

Note: A [Fall Service Retreat](#) will be held October 17–20. Participants will receive 50 percent off the cost of registration for the Fall Retreat.



Cutting Through One's Fear On the Meaning of Chöd



Kalsang Ma, Khandro of Chöd

The meaning of chöd as explained in the [Glossary of Bön Terms](#) on Ligmincha's International website:

chöd (tib: gchod) Literally: to cut off, to cut through. Also known as the "expedient use of fear"

and the "cultivation of generosity." Chöd is a ritual practice meant to remove all attachment to one's own body and ego by compassionately offering all that one is to other beings.

In the foreword to Alejandro Chaoul-Reich's book, *Chöd Practice in the Bön Tradition*, Geshe Tenzin Wangyal Rinpoche writes:

The core purpose of chöd is to turn fear into a path to liberation. The practitioner actively seeks out fearful experiences, using fear as an opportunity to visualize cutting apart one's own physical body, symbolizing the cutting of the ego, and thus cultivating wisdom. The practitioner further visualizes transforming the body into an offering that satisfies all beings, thus cultivating generosity and detachment. Through this ancient and profound practice, anyone who is able to recognize their own fear – whether its source is external or internal – can face that fear, challenge it, and overcome it. Ultimately, fear becomes a tool to cultivate enlightened qualities.

Further, Yongdzin Lopon Tenzin Namdak Rinpoche writes in the foreword:



In the Bön tradition, all practices, regardless of whether they pertain to Sutra, Tantra, or

Dzogchen, lead one towards the path of liberation. Chöd, however, is a special method with particular characteristics for this. Although Chöd is common to both Tibetan Bön and Buddhist schools, the original basis of this practice in the two traditions is quite different. The Chöd practice according to Buddhist tradition is said to be originally based on the Prajnaparamita while that of Tibetan Bön rests upon Tantric practices. However, in both traditions the Chöd practice is performed in a manner which has more in common with Tantra than Sutra, and in both traditions it is known as a very effective and powerful practice bringing the practitioner a strong experience of profound generosity as well as liberation from self-grasping, the root of Samsara. It is, then, a forceful tool for developing one's practice and as such, makes up one of the Four Generosities of the Bön tradition which are practiced on a daily basis.

Alejandro's book, *Chöd Practice in the Bön Tradition*, published by Snow Lion in 2009, is available through [Ligmincha's Tibet Shop](#) .

Other works of interest: *The Nomadic Sacrifice: The Chöd Pilgrimage Among the Bönpo of Dolpo* by

Martino Nicoletti.□

available at

[Ligmincha's Tibet Shop](#)

Melodic Wisdom (Music CD)

Chanting by Khenpo Tenpa Yungdrung Rinpoche and the monks of Triten Norbutse Monestary in Kathmandu, Nepal and orchestrated by Sarad Gurung (includes chöd chants). Available through

[Ligmincha's Tibet Shop](#)

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Sangha and Service

Ligmincha's Prison Project



November Trul Khor Retreat Canceled Due to New Building Construction at Serenity Ridge

The Trul Khor Training: Tibetan Bon Yoga, Part 1 retreat with Alejandro Chaoul-Reich, previously schedule from November 3–6, 2016, has been canceled due to the new building construction at Serenity Ridge. This retreat will be rescheduled for 2017.

See the [Serenity Ridge](#) homepage for upcoming events.



Upcoming Ligmincha Learning Online Courses August 20: Three Heart Mantras & October 1: Six Lokas



Next Glidewing Online Workshops Begin August 6 and September 17

Tenzin Wangyal Rinpoche Teaches on Sacred Arts and Dream Yoga



Beginning August 6: “Awakening the Sacred Arts – Discovering Your Creative Potential” is the next Glidewing online workshop with Geshe Tenzin Wangyal Rinpoche, set for August 6–September 4, 2016. This four-week online workshop is for anyone who seeks to usher a vision into reality, whether through creative problem solving, personal growth or bringing creative artistry to a whole new level. Join us for this opportunity to free yourself from creative

obstacles, nurture your capacity for joyful self-expression and make positive changes in your life.

[Learn more/register](#)



Beginning September 17: “Tibetan Dream Yoga” will be held from September 17–October 16. In this four-week online workshop, participants will receive detailed instructions in the Bön Buddhist practice of Tibetan Dream Yoga. This ancient practice is a powerful tool of awakening – it deepens our awareness both in the dreamlike experience of the day and during our dreams at night. Based on Rinpoche's best-selling book

[The Tibetan Yogas of Dream and Sleep](#)

[Learn more/register](#)

GlideWing Online Workshops Feature:

- Instruction provided by Tenzin Wangyal Rinpoche via Internet-based video.
- Four weeks of personal guidance and support as you work with the practices.
- No set class times; instructional videos remain available throughout the course.
- Practice in the comfort of your home, on your own schedule.
- Easy-to-use course site.
- All you need is a broadband Internet connection, such as DSL or cable.



Tenzin Wangyal Rinpoche's August/September 2016 Schedule
Teaching in Europe and the Far East



Geshe Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha International, will be teaching around the world in the next few months. In August and September he travels to Poland, Germany, Hungary, Russia and Colorado (U.S.), and will also be teaching in South Korea and Japan for the first time!

By October 1, Rinpoche will be teaching in Korea, also a first. Then back to the U.S. to teach in Virginia. By the end of October, he'll be heading back to California for retreats in San Jose and Berkeley.

He will offer a free live webcast on September 10, the first in the new six-month series on the topic "Living with Joy, Dying in Peace." Rinpoche also will offer several online teachings. They include Ligmincha Learning online workshops on "The Three Heart Mantras of Bön" beginning August 20 and "Transforming Our Emotions Through the Six Lokas" beginning October 1. He will offer two online GlideWing workshops: "Awakening the Sacred Arts" beginning August 6 and "Tibetan Dream Yoga" beginning September 17.

You can always find Rinpoche's full [schedule by date](#) and [schedule by location](#) on the Ligmincha International website.



Issue Number 21

[View the issue here](#)



Spanish and Portuguese Translations of VOCL Links to June Issue Now Available

[Read VOCL in Spanish](#)

[Read VOCL in Portuguese](#)



Upcoming Retreats Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, Ligmincha International headquarters located in Nelson County, Virginia. To register or for more information, click on the links below, [email the registrar](#) or call 434-263-6304.

August 24–27, 2016

August Service Retreat

Share with the sangha and receive a discount off the cost of registration for any upcoming retreat.

[Learn more](#)

October 12–16, 2016

Fall Retreat 2016: The Practice of Chöd from the Bon Mother Tantra

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

October 17–20, 2016

Fall Service Retreat

Share with the sangha and receive a discount off the cost of registration for the Fall Retreat.

[Learn more](#)

December 27, 2016–January 1, 2017

The Experiential Transmission of Zhang Zhung, Part 3: The Practice of the Path

with Geshe Tenzin Wangyal Rinpoche

Prerequisite: Previous completion of Part 2 of the Experiential Transmission of Zhang Zhung series.

[Learn more](#)

January 2–3 or January 2–8, 2017

Winter Practice Retreat

with Geshe Tenzin Yangton

Prerequisite: Students who have received Part 3 of the Experiential Transmission teachings or who have registered to attend Part 3 in December 2016 may attend.

[Learn more](#)

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please [email the registrar](#), call 434-202-6211 or visit the [Serenity Ridge website](#)

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