

# Teaching Issue

Volume 17, Number 3 / June 2017

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## Letter from the Editors Celebrating Twenty-Five Years



Dear Friends,

How time flies ... it's hard to believe Ligmincha is 25 years old this year! We looked back at some of the earliest Voice of Clear Light newsletters to find some memories to share with you. There are so many! What an amazing dream and vision that Tenzin Wangyal Rinpoche had when he established Ligmincha Institute in 1992 here in Virginia. Now it's all grown up as Ligmincha International, with centers throughout the world and a board of 10 dedicated volunteer members. Inspiring so many people, Rinpoche has tirelessly brought the Bön teachings alive for Westerners everywhere. Emaho!

In this issue, we share a special excerpt from a talk Rinpoche gave in Boston in May 1993. He speaks about how he came to the U.S. (Thank you to the Dzogchen Community in Massachusetts for inviting Rinpoche to America to give his first teachings and to Anne Klein for inviting him to teach at Rice University in 1990.) He talks about his challenges of bringing the Bön teachings, specifically dzogchen, to Westerners and the huge responsibility he feels in preserving the Bön. He reminds us all of the precious Oral Transmission of Zhang Zhung, an unbroken lineage of masters who have kept Bön alive. This summer, Rinpoche will be giving

pith instructions of Bön dzogchen lineage masters during the Summer Retreat morning teachings, followed by afternoon teachings from the Bön Ma Gyü (Mother Tantra). See below for all the details on the two-week Summer Retreat, June 25–July 8, to be followed by a new one-week practice retreat.

Be sure to check out the latest TWR LIVE Facebook free weekly broadcasts on Dream Yoga, beginning June 6, and the upcoming GlideWing and Ligmincha Learning online workshops starting in June and July. A special 25th anniversary celebration will be held this fall on October 22, following the annual Fall Retreat at Serenity Ridge and just prior to the two-day Science and Spirituality Conference. Mark your calendars and join in the festivities!

Also growing and thriving is The 3 Doors organization, with its latest Compassion Project expanding to a nine-month online course. Find out below how to apply. And don't miss this Spring's *Ligmincha Europe Magazine*. Mark your calendars, too, for the European retreats that Rinpoche will be holding this August and September – there are a lot! You can always find Tenzin Rinpoche's teaching schedule by date and by location on the Ligmincha International website. You'll find the link to the Spanish translation of the April issue of the Voice of Clear Light below, with the Portuguese translation coming at a later time.

Enjoy!

In Bön,

Aline and Jeff



## Young Lama Has Big Dreams

### **An Excerpt from Tenzin Wangyal Rinpoche's Talk in Boston, May 1993**





[other issues of Voice of Clear Light beginning in 1992](#) [Summer Retreat](#)



## TWR LIVE Facebook Inspiring Many in Weekly Broadcasts

### New Series on Dream Yoga



Bringing  
Ancient Wisdom  
Teachings to Life

The latest TWR LIVE series, a two-month series on dream yoga, is being offered by Tenzin Wangyal Rinpoche June 6–August 8, 2017.

The title of the series is "Dream Yoga: Deepening Your Awareness Night and Day." The practice of dream yoga is a powerful tool of awakening, used for hundreds of years by great masters of the Tibetan traditions. It aids us in deepening awareness at all moments of life: while dreaming at night, during the dreamlike experience of the day and in the bardo experiences

after death. Ultimately, dream yoga helps us to recognize the true nature of mind.

Each Tuesday throughout the series, you can [visit Rinpoche's Facebook page](#) at 1 p.m. New York time, or Eastern Daylight time U.S. (12 noon on June 20) to view either a live teaching and guided meditation, or a live conversation between Rinpoche and an invited guest on a topic related to dream yoga. Between these 30- to 40-minute Tuesday sessions, Rinpoche will offer occasional, unscheduled live sessions to elaborate on the previous session and answer viewers' questions.

[All sessions are recorded](#)  
for future viewing.

Weekly topics will include:

- **June 6, 1 p.m.:** Introduction to Dream Yoga
- **June 13, 1 p.m.:** Conversation Live with Dylan Tuccillo, Jared Zeizel and Thomas Peisel, co-authors of *A Field Guide to Lucid Dreaming: Mastering the Art of Oneironautics*
- **June 20, 12 noon:** Dream Yoga Foundational Practices
- **(Date TBA):** Basics of Lucid Dreaming
- **(Date TBA):** Healing Through Lucid Dreaming
- **(Date TBA):** How to Transform Recurring Dreams
- **(Date TBA):** Dream Yoga as a Lifetime Practice

## About TWR LIVE

TWR LIVE is an innovative way for you to connect with Tenzin Wangyal Rinpoche, the ancient Tibetan teachings and fellow students around the world through regular live broadcasts that can be easily viewed on Rinpoche's Facebook page. All broadcasts are free and open to all—you don't need a Facebook account to view them.

To access the viewing screen, visit Rinpoche's Facebook page at the time of the broadcast. If the screen doesn't appear right away, the broadcast may not have begun yet, so try reloading the page. If you have a Facebook account, you'll have an opportunity to submit questions and receive answers from Rinpoche—be sure to "like" his page and click "Follow" to receive a notification each time Rinpoche goes live.



[TWR LIVE schedule updates](#)

[Archive of TWR LIVE recordings](#)

[Learn more/ access real-time translations](#)

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## **25th Anniversary Celebration Includes October 22 Festivities Registration Opens for Fall Retreat, Science and Spirituality Conference**



Please join us in celebrating Ligmincha's 25th Anniversary this fall, including a special day of festivities on October 22. Registration is now open for two retreats at Serenity Ridge: the annual Fall Retreat from October 18–21 and the Science and Spirituality Conference October 23–24.

Geshe Tenzin Wangyal Rinpoche founded Ligmincha Institute in March 1992 in Richmond, Virginia. Ligmincha headquarters soon moved to Charlottesville. Serenity Ridge Retreat Center in Nelson County, purchased in 1998, became the organization's headquarters in 2009. Over the past 25 years, Ligmincha has become an international organization with centers and sanghas around the world and an active online cyber-sangha.

The Ligmincha International sangha is warmly invited to join us for one or all events at Serenity Ridge in Virginia, headquarters of Ligmincha International, for this very special celebration.

**Fall Retreat: The Knowledge and Wisdom of Longevity**  
**October 18–21, 2017**

In this special four-day retreat, Geshe Tenzin Wangyal Rinpoche will, for the first time, offer in-depth teachings on The Knowledge and Wisdom of Longevity from the Tsewang Jarima, a text written by Tsewang Rigdzin. Rinpoche also will offer the empowerment related to its practice. The son of the eighth century Tibetan master Drenpa Namkha, Tsewang Rigdzin is known as the “King of Longevity.” In addition to composing many ritual texts aimed at alleviating suffering, he was a dzogchen lineage master.

The Bön tradition has many practices to extend one’s lifespan and recapture any life force lost due to negative external or internal factors, or from ignorance of our true nature. These practices include visualization and meditation, ritual, and healing through nature and the elements. The wisdom of Tsewang Rigdzin and the practices associated with this teaching can help us retrieve, extend and enhance our life force: healing environmental, physical, emotional and energetic imbalances in our lives.

[Learn more/register](#)

**Day of Celebration October 22**

On the day following the Fall Retreat, on October 22, all are invited to attend a celebration of Ligmincha’s 25th Anniversary. Join Tenzin Wangyal Rinpoche, Ligmincha’s resident lamas and other special guests. A special morning of activities is planned for sangha members, including a sang chod ceremony and celebration in the gompas.

Afternoon activities will be open to the Tibetan community and area residents. From 12 noon until 4 p.m., all can enjoy a public event that includes music (Tibetan, sacred and offerings from our sangha), Tibetan food vendors, a Tibetan market, viewing of the new building, and more. Ligmincha’s Bookstore and Tibet Shop will be open. Look for additional information as plans develop.

Because of the high cost of travel for Ligmincha’s resident lamas, Ligmincha is seeking donations of frequent flyer miles to help with their airline tickets. If you would like to donate

frequent flyer miles to help the resident lamas, please [email Serenity Ridge](#) .

### **Science and Spirituality Conference October 23–24, 2017**

Join Geshe Tenzin Wangyal Rinpoche and a select group of presenters to learn about how meditation and other spiritual practices can bring about healing of physical and emotional pain. Rinpoche will deliver the keynote address at this special Science and Spirituality Conference, guide meditation sessions and participate in a panel discussion.

This is an exciting opportunity to be part of the growing dialog on contemplative science. Invited scientists, researchers and other presenters will discuss their work on the impact of contemplative meditation practices on physical, emotional and mental pain, with opportunities for participants to share in discussions and meals with the presenters.

The conference will begin on Monday, October 23, at 9 a.m. and will end Tuesday, October 24, at 3 p.m. Participants are encouraged to come earlier to attend the annual Fall Retreat and the free daylong celebration of Ligmincha's 25th Anniversary on October 22.

[Learn more/register](#)



### **Next GlideWing Online Course Starts Soon: June 10– July 2 Three-Week Course on 'Tibetan Sound Healing'**





## Summer Service Retreat: June 18–23, 2017

### Join in Joyful Service



*Serenity Ridge Retreat Center*

Join us at Serenity Ridge on June 18–23, 2017, for a special service retreat prior to the annual [Summer Retreat](#)

. Participants in the full service retreat will receive 50 percent off the cost of registration for one week of the two-week Summer Retreat, scheduled for June 25–July 8. Each week of Summer Retreat will focus on two topics: pith instructions on the nature of mind, dzogchen, in the mornings and teachings from Bön Mother Tantra in the afternoons.

This service retreat a wonderful time to share with the sangha and to be of joyful service. Each

day includes vigorous work periods, daily meditation practice, and free time to walk along the Serenity Ridge grounds or swim in the Rockfish River. Free accommodations in the Garuda House dormitory will be provided starting the evening of June 17, and simple meals will be provided.

[Learn more](#)

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## **Summer Retreat Teachings on Dzogchen Pith Instructions and Bön Mother Tantra**

**June 25–July 8 with Practice Retreat Week to Follow**



Both new and continuing students are warmly invited to gather at Serenity Ridge for a special summer retreat with Geshe Tenzin Wangyal Rinpoche. This year marks the 25th anniversary of Rinpoche's founding of Ligmincha International.

Rinpoche has graciously agreed to teach on two topics this summer: pith instructions on the nature of mind (dzogchen) and teachings from Bön Mother Tantra. These are the focus of Rinpoche's own personal practice and the core of his teachings for the past 25 years.

### **Week 1: June 25–July 1, 2017**

### **Week 2: July 2–8, 2017**

You are welcome to attend one or both weeks. If you can only attend one week, Rinpoche suggests that newer students attend the first week. Simultaneous translation into Spanish will be available.

The morning teachings of both weeks will focus on the pith instructions of Bön dzogchen lineage masters. Dzogchen, which translates as “great perfection” or “great completion,” is the highest among the array of profound teachings of the Bön and Tibetan Buddhist traditions. These teachings point out our true nature, the source of wisdom and all positive qualities. In the afternoons of both weeks, Rinpoche will teach from the Bön Mother Tantra. His focus will be on the six great methods of the path of the Ma Gyü cycle, one of the major tantric cycles of Bön.



[Learn more/register](#)

## **Summer Practice Retreat: July 9–15, 2017 with Geshe Tenzin Yangton**

A summer practice retreat with Geshe Tenzin Yangton, resident lama at Serenity Ridge, will follow the Summer Retreat.

Geshe Yangton will lead two daily practice sessions, with ample time for individual practice and reflection. The sessions will focus on practices taught during the previous two weeks at the Summer Retreat. Participants also may schedule one private, 10-minute interview with Geshe Tenzin Yangton.

[Learn more](#)



## **Next Ligmincha Learning Online Course Starts July 7**

**'Transforming Our Emotions Through the Six Lokas'**



## 3 Doors Compassion Project Grows

### Registration Open for Nine-Month Live Online Program

Following the success of a nine-month Compassion Project teaching in Bryn Mawr, Pennsylvania, The 3 Doors is pleased to announce a new live online Compassion Project program beginning September 17, 2017. Registration is now open.

The 3 Doors Compassion Project teaches caregivers practical meditation methods to maintain their motivation and recharge their energy, so they can respond to whatever arises in the moment from a natural place of presence. With more than 50 percent of healthcare professionals reporting symptoms of burnout, the need for self-care practices has never been greater. The Compassion Project teaches select practices that support compassionate care and self-compassion for healthcare professionals, educators, therapists and anyone who is motivated by compassion.



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International website.

[View schedule by date](#)

[View schedule by location](#)

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## Spanish Translations of VOCL

### Links to April Issue Now Available

[Read VOCL in Spanish](#)

We hope to have the translation of VOCL in Portuguese at a later date.

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

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## Upcoming Retreats

### Serenity Ridge Retreat Center

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

**June 18–23, 2017**

Summer Service Retreat

Participants in the full service retreat will receive 50 percent off the registration cost for one week of Summer Retreat.

[Learn more](#)

**June 25–July 8, 2017**

Summer Retreat: Bön Dzogchen Pith Instructions & Sadhana of the Bön Mother Tantra with Geshe Tenzin Wangyal Rinpoche.

You are welcome to attend one or both weeks. If you can only attend one week, Tenzin Rinpoche recommends attending the first week. Live translation available in Spanish.

[Learn more/register](#)

**July 9–15, 2017**

Summer Practice Retreat with Geshe Tenzin Yangton

[Learn more/register](#)

**October 18–21, 2017**

Fall Retreat: The Knowledge and Wisdom of Longevity: Teachings and Empowerment from the Tsewang Jarima with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

**October 22, 2017**

Special Celebration: Ligmincha's 25th Anniversary

Join us for a day of celebration, including music, food, viewing of the new building, and more.

[Learn more](#)

**October 23–24, 2017**

Science and Spirituality Conference with Geshe Tenzin Wangyal Rinpoche and expert presenters

[Learn more/register](#)

**December 27, 2017–January 1, 2018**

Winter Retreat: The Experiential Transmission of the Zhang Zhung, Part 4 with Geshe Tenzin

Wangyal Rinpoche

Prerequisite: Previous completion of Part 3 of the Experiential Transmission of Zhang Zhung series.

To register for any of the above retreats, or for more information about teachings in the Bön Buddhist tradition of Tibet, please [email the registrar](#), call 434-263-6304 or visit the [Serenity Ridge website](#) [w](#)