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Letter from the Editors

Nourishing Wellness and Presence

Dear Friends,

There is big news in this issue from CyberSangha, Tenzin Wangyal Rinpoche's international online community. A NEW app has been developed by CyberSangha that will be launched on April 1! See all the details in the article below on how this new, dedicated social media platform can help you connect to Rinpoche's teachings and to each other.

How can we incorporate the latest findings about health and well-being into our spiritual path? How can we better take care of ourselves through life's many challenges? [More](#)



Bringing Wellness and Awakening to Life

An Excerpt from a Webcast with Tenzin Wangyal Rinpoche, January 2024

People talk about the importance of finding the balance of life and work, or the balance of life and spiritual practice. However, I feel that it's not so much about a *balance*, but rather that life should *be* a practice; and that work should *be* a lifestyle. In other words, whatever you do in your life, it has to be joyful, it has to be nourishing, it has to be healing. If it's not, and if most of the time your life is not nourishing you, then it's not a healthy lifestyle.

[More](#)



April 1 Tenzin Rinpoche Unveils New CyberSangha Community App!

Join Us Online for This and Other Upcoming Live Broadcasts

After a long period of design and testing, we're excited to announce that a new CyberSangha community app will officially launch on Monday, April 1, in a live online broadcast with Tenzin Wangyal Rinpoche and CyberSangha co-director Oliver Wirtz.

In this inspiring, dedicated online space, the cyber sangha can regularly connect with each other and Rinpoche, receive teachings and support in our practice, and be notified of the upcoming events and messages we truly care about. [More](#)



Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

Upcoming Retreats

Here is Geshe Tenzin Wangyal Rinpoche's upcoming teaching schedule. Rinpoche's travels this year will include teaching in Virginia, Italy, Ireland, Germany, Switzerland, Austria, Spain, the Netherlands, England, Poland, France, Hungary and Nepal. [More](#)



Spring Wellness Retreat at Serenity Ridge

April 10-14 with Tenzin Wangyal Rinpoche

There is still time to register for this unique Spring Wellness Retreat at Serenity Ridge beginning on April 10 with Tenzin Wangyal Rinpoche. The retreat will include morning sky gazing, cold plunge, Tibetan Yoga for all mobility levels, meditation instruction, forest bathing, nature walks on our 100 acres, massage, a special delicious plant-based diet, optional intermittent fasting possibility, ancient Tibetan treatment to support better sleep, evening bonfire and much more! [More](#)



Sacred Interviews with Geshe Choekhortshang Rinpoche

Online on Zoom April 6

Join us for a fascinating conversation with Geshe Choekhortshang Rinpoche on Zoom April 6. This event is open and free for everyone.

This is the second session of Ligmincha's Sacred Interviews event series. The series aims to introduce our beloved teachers more closely and to give space for questions from students and practitioners from all over the world. [More](#)



New Book by Sangmo Yangri Available Now

The Lamp of Uza Rinchen Sal

*You are here because your elemental body was taken away.
You are here because, just as a rainbow fades, your body has disappeared too.
You are here because, like a lustrous, fragrant flower, your life was taken by the frost of impermanence.
Mind moves like lightning, life is like a season of summer and winter, it changes.
You are here because the Lord of Death appeared like a shadow. [More](#)*



Tummo Part 4 Summer Retreats

At Serenity Ridge June 22-July 6 and in Poland August 13-18

Both the summer retreat at Serenity Ridge, June 22-July 2, and the summer retreat at Chamma Ling Poland, August 13-18, will focus on the culmination of a four-year cycle of Tummo teachings with Tenzin Wangyal Rinpoche. These retreats will be in-person only and will not be available on Zoom. [More](#)



Upcoming Ligmincha Learning Courses

Sleep Yoga, Five Elements, Sherap Chamma & Ngondro

Ligmincha Learning is happy to invite you to attend online courses with Tenzin Wangyal Rinpoche beginning soon: Sleep Yoga and The Five Elements starts March 29; Sherap Chamma with Marcy Vaughn begins April 12. Ngondro, The Foundational Practices began March 1 and continues through December 31; you can join anytime. [More](#)



Serenity Ridge Welcomes Lama Kalsang Nyima

In Residence for April and May

Serenity Ridge Retreat Center is fortunate to have Lama Kalsang Nyima, a resident lama in Mexico, come stay in residence at Serenity Ridge in April and May.

He will join Tenzin Wangyal Rinpoche for the annual Spring Retreat April 10-14. [More](#)



The Truth That Sets You Free

Next GlideWing Online Workshop Begins May 11

GlideWing is pleased to offer The Truth That Sets You Free, a three-week online workshop with Tenzin Wangyal Rinpoche from May 11-June 2, 2024. This workshop is about becoming liberated from fear and other disturbing emotions so you may live more fully and genuinely in all aspects of life. [More](#)



3 Doors Academies Begin in North America, Europe, Latin America in 2024

Also Save the Date for a Weekend Retreat with Tenzin Wangyal Rinpoche

The 3 Doors is delighted to offer its signature program, the Academy, in three different regions this year. Academies in North America, Europe and Latin America are all slated to begin in 2024.

The 3 Doors Academy is an immersive 2.5-year program that provides participants the opportunity to engage deeply in the process of self-discovery. [More](#)



From the VOCL Archives: Sharing the Timeless Joy

Cutting Through One's Fear

This article invites us to look at the meaning of Chod, a practice in the Tibetan Bon tradition. The Chod practice will be the focus of the fall retreat with Tenzin Wangyal Rinpoche. [Chod: Awakening Confidence by Taking Fear as a Path](#) will be held in Kathmandu, Nepal in October, 2024. Previously published in Voice of Clear Light, August 2016.

[More](#)



Student and Teacher

Together on the Path

Student. As an individual practitioner, what is an effective way to benefit the entire world?

TWR. It has something to do, first of all, with your openness, right? You really need to feel space to want to do that. The individual needs to be open, so open that there is not such a strong sense of individual there. [More](#)



Spanish Translation of VOCL

Link to February 2024 Issue Now Available

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

[Read VOCL in Spanish](#)