



## **Ligmincha Learning Course on the Three Heart Mantras**

### **Four-Week Course Begins June 4**

Ligmincha Learning is pleased to offer a month-long online course, “The Three Heart Mantras of Bon,” from June 4–July 4, 2014. The Three Heart Mantras are used in many different meditations in the Bon tradition, and play a major role in the ngondro practices. They are said to be the essence of enlightenment in sound and energy, and as we sing or chant the mantras our awareness is transformed to be in union with the Buddhas. They are used for purification, protection and as primary practices toward self realization.

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