



Soul Retrieval Course Update

Final Month to Download Free Recordings and Support Materials

As Tenzin Wangyal Rinpoche has explained, soul retrieval is more than a one-time event, it's a lifetime practice. Even though the final live webcast in Rinpoche's yearlong course, The True Source of Healing, took place on January 9, the Ligmincha Learning course itself continues through February 29, with ongoing support from the recorded webcasts and discussion forums. You also can download MP3 audio recordings of Rinpoche's teachings and other support materials from the [course site](#).

In addition, you can review the recorded webcasts at any time via these playlists:

[Part 1: Reconnecting with Your Joyful Essence](#)

[Part 2: The Five Natural Elements: Finding a Healthy Balance](#)

[Part 3: Discovering the Deepest Needs of Your Soul](#)

[Part 4: Communing with Nature to Nourish Your Soul](#)

[Part 5: Your Own Inner Refuge](#)

[Part 6: Tapping Into Relationships to Nourish Your Soul](#)

[Part 7: Overcoming Loneliness: Finding the Friend Within](#)

[Part 8: Nourishing Your Inner Being: The Heart of Soul Retrieval](#)

[Part 9: Nourishing Your Inner Being: Questions and Answer](#)

[Part 10: The Power of Warmth: Physical Healing Through Meditation](#)

[Part 11: Healing from the Source: Cutting the Root of Your Pain](#)

[Part 12: Soul Retrieval as a Lifetime Practice](#)