



Spring Retreat: March 31–April 2 at Serenity Ridge

Meditation on the Six Lokas: Purifying the Obstacles to Enlightenment



Join Geshe Tenzin Wangyal Rinpoche March 31–April 2, 2017, for the Spring Retreat on "Meditation on the Six Lokas: Purifying the Obstacles to Enlightenment."

At one time or another each of us suffers strong emotions that throw us off balance, cause us to act in ways that we later regret, and disconnects us from the clear open space of our true nature. Centuries ago the masters of the Tibetan Bön Buddhist lineage developed the meditations of the Six Lokas (or realms) specifically to meet our powerful emotions, find the medicine in so doing, and live our lives in a balanced and relaxed way.

The practices of the Six Lokas have a deeply healing and transformative power, and are traditionally practiced as a preliminary to dzogchen contemplation.

Tenzin Rinpoche welcomes everyone to join him at Serenity Ridge to explore these powerful

teachings and apply them in our lives. During this retreat, Rinpoche will explain how physical movements, breath, mantra, imagery and contemplation can deeply purify the seeds of our karmic patterns and support the healing that comes from resting in one's true nature, the source of all joy and happiness.

[Learn more and register](#)