



Ligmincha Learning Course on Six Lokas Starts October 1

Coming in 2017: 'Awakening the Sacred Feminine: The Healing Practice of Sherab Chamma'



Shenla Odkar

Sign up now for Ligmincha Learning's online course with Tenzin Wangyal Rinpoche on "Transforming Our Emotions Through the Six Lokas." This seven-week course runs from October 1–November 19, 2016.

At one time or another each of us suffer strong emotions that throw us off balance, cause us to act in ways that we later regret and make us lose touch with our true nature. Centuries ago, the masters of the Bön lineage developed the meditations of the Six Loka specifically to remedy this situation, to help us live our lives in a balanced and relaxed way.

The meditations focus on the root causes of our suffering: anger, desire or greed, ignorance, jealousy, pride and laziness. Through each meditation we examine our habitual patterns so that we may recognize them, then invoke the enlightened energy of the Buddhas to purify and transform us so that we and all other beings might not continue to suffer in this way. The practices have a deep healing and transformative power, and are traditionally practiced at length as a preliminary to dzogchen contemplation.

[Learn more/register](#)



Sherab Chamma

Coming in 2017: Ligmincha Learning is happy to announce a new online course: “Awakening the Sacred Feminine: The Healing Practice of Sherab Chamma” with Marcy Vaughn from January 6 – February 10, 2017. Look for more information soon on the [Ligmincha Learning](#) website.