



## Starting a Meditation Practice

### A New, Free Self-Guided Course with Rinpoche on Ligmincha Learning



We are excited to announce a new, free course with Tenzin Wangyal Rinpoche on [Ligmincha Learning](#) beginning November 1. The course, “Starting a Meditation Practice, from the Bön Tradition of Tibet,” provides a complete introduction on beginning a meditation practice, with clear and easy-to follow-instructions.

Recorded over several weeks at Rinpoche’s home in California, these videos, images and written instructions discuss why it is important to develop a regular meditation practice and how to cultivate one’s practice. Rinpoche discusses practical matters such as how to sit in the five-point posture, what time of day is best for practice and how long to sit. He then guides participants the practices of the Nine Breathings of Purification, the Five Outer Tsa Lung, and the Refuge of the Body, or Stillness. The videos are presented in short segments, each one on a specific topic or aspect of practice.

To begin with, this new course will be offered in English and with English subtitles. Over the coming months, Spanish, German, Polish and other languages as subtitle options will become available, along with guided meditations as MP3 files for download in the same languages. In the future, expanded access will be available to online teachings in multiple languages. Registration details are coming soon on the [Ligmincha Learning](#) website.

It is hoped that this will be the first of many courses or tutorials offered by Tenzin Wangyal Rinpoche, resident lamas and senior Western students though the online learning platform. Several new courses on Ligmincha Learning are already being planned, including the practice of Sherab Chamma, the Wisdom Loving Mother; another course introducing the Outer, Inner and Secret Tsa Lung practices in greater detail, and a follow-up course by Rinpoche on cultivating a personal practice at home.

Providing this and other online programs, like Rinpoche’s live webcasts, is the work of a

sizeable team of volunteers and, on occasion, paid professionals. For Ligmincha to continue to make such content available, financial support of practitioners all around the world is needed. If you have benefited from the teachings and practices offered on line, whether the live webcasts or courses or both, please consider making a donation to support activities online. Your contribution will help ensure that you and others like you all around the world will continue to have access to the precious Bön teachings and to Tenzin Wangyal Rinpoche online.

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