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Free Full-Day Webcast on Dec. 14 with Tenzin Wangyal Rinpoche!

Also Mark Your Calendars for Free Dec. 29 Webcast

Join us online on Saturday, Dec. 14, 2013, 9 a.m.—3:30 p.m. Eastern Time U.S. (New York time), for this full-day Internet retreat on "Purifying Your Karma Through Mantra" with Geshe Tenzin Wangyal Rinpoche. Live teachings and guided practices will offer a timely opportunity to clear the karma you've accumulated over the past year, satisfy longstanding karmic debts and free yourself to live a more joyful, spontaneous life. A variety of practice supports are available, as well as real-time translations in multiple languages.

Learn more about this webcast Visit the live-broadcast page

On Dec. 29, 2013, 3–4:30 p.m. Eastern Time U.S. (New York time), Tenzin Wangyal Rinpoche will be giving a live webcast on "Nurturing the Sacred Community," broadcast from the annual Winter Retreat at Serenity Ridge (not a pubic talk). How meditation practitioners relate with each other as a community, or sangha, can play an essential role in their spiritual growth. Tenzin Rinpoche will discuss the role of sangha from the perspective of the Bon Buddhist teachings, including how to manage conflicts and connect more creatively with others.

Learn more about the Winter Retreat

<u>View a recent recorded webcast from Oct. 12</u> on "The Open Heart: Healing in the Dzogchen Tradition" with H.E. Menri Lopon Trinley Nyima Rinpoche and Tenzin Wangyal Rinpoche

View other recorded Ligmincha webcasts