

## Teachings Issue

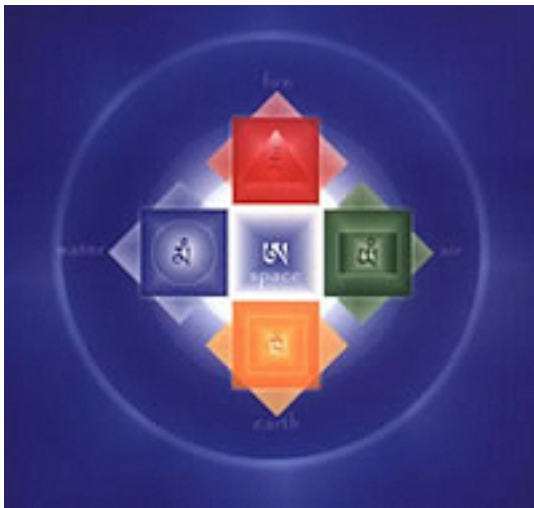
Volume 13, Number 3 / June 2013

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## Online Ligmincha Learning Course Begins June 22

**‘Introduction to the Five Elements: Healing with Form, Energy and Light’**



Ligmincha Learning will offer a six-week online course, "Introduction to the Five Elements: Healing with Form, Energy and Light," June 22–Aug. 3, 2013.

The five natural elements—earth, water, fire, air and space—pervade our lives, are the essences of our being and can be sources of profound healing. The course is based on a series of instructional videos in which Tenzin Wangyal Rinpoche explores how each of the five elements relates to our daily experiences, emotions and relationships. It features video teachings, guided meditations, meditation assignments reading assignments, a personal journal and weekly online discussions where participants have the opportunity to interact with senior mentors and classmates from around the world.

[Learn more](#)