

Voice of Clear Light

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Free Live Webcasts with Tenzin Wangyal Rinpoche

Good Fortune for the Tibetan New Year, Calm Abiding Meditation and More

Don't miss the following upcoming webcasts with Geshe Tenzin Wangyal Rinpoche! Except as noted, you can participate in any of these free events by visiting the [live-broadcast page](#) on the Ligmincha Institute website.

March 2, 2014 (Sunday), 1–2:30 p.m. Eastern Time U.S. (New York time)

Raising Your Windhorse—Good Fortune for the New Year

On March 2, Tenzin Rinpoche will mark the start of the Tibetan New Year (Losar) by explaining the traditional Tibetan practice of raising one's personal power and good fortune, or *lung-ta*.

[Learn more](#)

March 9, 2014 (Sunday), 1–2:30 Eastern Time U.S.

Calming Your Mind with Meditation

The practice of Calm Abiding (*Zhiné*) is considered the foundation for developing and mastering all other, higher meditation practices in Tibetan Bon Buddhism. In this live webcast Tenzin Wangyal Rinpoche will give instructions for three forms of *Zhiné*

(forceful, natural, and ultimate) and explain how to deal with obstacles to your practice.

[Learn more](#)

April 9, 2014 (Wednesday), 7–8:30 p.m. Eastern Time U.S.

Awakening the Luminous Mind

Tenzin Wangyal Rinpoche gives dzogchen teachings based on his book *Awakening the Luminous Mind: Tibetan Meditation for Inner Peace and Joy*

. Broadcast live from

[Satchidananda Ashram—Yogaville](#)

in Buckingham, Virginia.

[Learn more](#)

Note: This webcast can be viewed [here](#) .

April 12, 2014 (Saturday), 3–4:30 p.m. Eastern Time U.S.

Winds of Change: Discovering the Healing Power of Mind and Prana

Tenzin Wangyal Rinpoche broadcasts live from the annual Spring Retreat at Ligmincha's Serenity Ridge Retreat Center in Nelson County, Virginia (not a public talk).

[Learn more](#)

May 4, 2014 (Sunday), 1–2:30 p.m. Eastern Time U.S.

The Student-Teacher Relationship

In this live webcast, Tenzin Wangyal Rinpoche offers do's and don'ts for cultivating a fruitful master-student relationship in Tibetan Buddhism.

June 8, 2014 (Sunday), 1–2:30 p.m. Eastern Time U.S.

Shifting Your Pain Identity

Learn how to tap into your own inherent love and wisdom and transform your world with the Sherap Chamma practice. Teaching and guided meditation with Tenzin Wangyal Rinpoche.

[Learn more](#)

[View the live webcasts](#)