



## Schedule of Live Webcasts with Tenzin Wangyal Rinpoche

**Next Webcast Is on June 8**



Mark your calendar for these upcoming webcasts with Geshe Tenzin Wangyal Rinpoche. You can participate in any of these free events by visiting the [live-broadcast page](#) on the Ligmincha International website.

You can also [click here to view](#) any webcasts you've missed.

All webcasts times are listed in Eastern (New York) time U.S.

### **June 8, 2014 (Sunday), 1–2:30 p.m.**

#### 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. Broadcast live from California. [Learn more](#)

### **June 15, 2014 (Sunday), 1–2:30 p.m.**

#### Breaking the Cycle of Family Pain

You can be the first in your family to break the cycle of negative emotions and interactions. Tenzin Wangyal Rinpoche discusses how to become a cause for both collective and individual healing. Broadcast live from California.

**June 29, 2014 (Sunday), 3–4:30 p.m.**

The 21 Nails: Guided Dzogchen Meditation

This meditation integrates essential elements of Rinpoche's teachings on the 21 Nails.

Broadcast live from the [2014 Summer Retreat](#) at Serenity Ridge, Nelson County, Virginia (not a public talk).

**July 6, 2014 (Sunday), 3–4:30 p.m.**

The 21 Nails: Guided Dzogchen Meditation, Part 2

This meditation integrates the essential elements of Rinpoche's teachings on the 21 Nails.

Broadcast live from the [2014 Summer Retreat](#) at Serenity Ridge, Nelson County, Virginia (not a public talk)

**Aug. 30, 2014 (Saturday), 2–3 p.m. New York time (8–9 p.m. local time)**

Topic To Be Announced

Broadcast live from Buchenau, Germany.

**Sept. 27, 2014 (Saturday), 2:30–3:30 p.m. New York Time (1:30–2:30 p.m. local time)**

Topic To Be Announced

Broadcast live from Tepotzlan, Mexico.

**Oct. 11, 2014 (Saturday), 3–4:30 p.m.**

The Healing Power of Primordial Awareness

Broadcast live from the [2014 Fall Retreat](#) at Serenity Ridge, Nelson County, Virginia (not a public talk).

**Nov. 8, 2014 (Saturday), 1–2:30 p.m.**

Topic To Be Announced

Broadcast live from California.

**Dec. 28, 2014 (Sunday), 3–4:30 p.m.**

Topic To Be Announced

Broadcast live from the Winter Retreat at Serenity Ridge, Nelson County, Virginia (not a public

talk).

[View the live webcasts](#)