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2016 Schedule of Live Webcasts with Tenzin Wangyal Rinpoche New! Free Six-Month Course on 'Transforming Your World Through Service'



Great news about upcoming free live webcasts with Geshe Tenzin Wangyal Rinpoche! See the full schedule below.

Two More Webcasts in the Soul Retrieval Series

If you've been following Rinpoche's 2015 yearlong course in Soul Retrieval, "The True Source of Healing," you're already anticipating the two final webcasts in the series: The December 12 daylong webcast event titled "Healing from the Source: Cutting the Root of Your Pain," and the final webcast of the series, "Soul Retrieval as a Lifetime Practice," scheduled for January 9, 2016. As with all of Rinpoche's coming webcasts, these broadcasts are free and open to all — there's no need to view any of the previous webcasts in the series to enjoy and benefit from these teachings and guided meditations.

Learn more

New: 'Transforming Your World Through Service'

We're excited to announce a brand-new, six-month Internet course with Tenzin Wangyal

Rinpoche that begins February 13, 2016. The topic is "Transforming Your World Through Service."

Serving others is fundamental to our personal spiritual development. Our commitment to making a difference for others and the world can fill our life with love and joy, but it requires a strong foundation of wisdom and compassion. This free, six-month course will support you in becoming as effective as possible in your service to others. You will learn:

- The fundamentals of enlightened leadership.
- Meditation practices for cultivating wisdom and compassion.
- How to rise above your ego to connect with a sense of collective purpose.
- The best ways to inspire others to serve.

The free course will include everything from free monthly live webcasts (listed further below) to a discussion forum, recorded webcasts, MP3 audio recordings and downloadable print materials. Stay tuned for information on how to register for the first live webcast on February 13 and for the six-month course with its full support materials, offered through Ligmincha Learning

Live Broadcasts from Serenity Ridge Retreats

Each year, Tenzin Wangyal Rinpoche teaches four seasonal retreats at Serenity Ridge Retreat
Center

, headquarters of Ligmincha International in central Virginia. (See dates and times below.) As he's done in the past, Rinpoche plans to broadcast one teaching session from each of these retreats, giving everyone an opportunity to receive his instruction and engage in a guided meditation from the comfort of their home computers or other devices.

Full Webcast Schedule for 2016

So you don't miss any of these coming free webcasts with Tenzin Wangyal Rinpoche, mark your schedule now! Each webcast takes place on a Saturday, except as shown; all times listed are Eastern Time U.S. (New York time).

- **January 1, 2016 (Friday), 11 a.m.-12 noon**. Guided Meditation from the Experiential Transmission Teachings, Part 2. Broadcast live from the Winter Retreat at Ligmincha Institute at Serenity Ridge, Nelson County, Virginia (not a public talk, but webcast is open to all)

Learn more

- **January 9, 2016, 3-4:30 p.m.** The True Source of Healing, Part 12: Soul Retrieval as a Lifetime Practice

Learn more

- **February 13, 2016, 3-4:30 p.m.** Transforming Your World Through Service, Part 1: The Value of Enlightened Leadership
- **March 12, 2016, 3-4:30 p.m.** Transforming Your World Through Service, Part 2: Cultivating Wisdom
- **April 2, 2016, 3-4:30 p.m.** "Enlightened Leadership." Broadcast live from the Spring Retreat at Ligmincha Institute at Serenity Ridge, Nelson County, Virginia (not a public talk, but webcast is open to all)

Learn more

- **April 9, 2016, 3-4:30 p.m.** Transforming Your World Through Service, Part 3: Generating Compassion
- **May 14, 2016, 3-4:30 p.m.** Transforming Your World Through Service, Part 4: Service and Spirituality
- **June 11, 2016, 3-4:30 p.m.** Transforming Your World Through Service, Part 5: Inspiring Others to Serve
- **June 25, 2016, 12 noon-1:15 p.m.** "Sleep Yoga." Broadcast live from the Summer Retreat at Ligmincha Institute at Serenity Ridge, Nelson County, Virginia (not a public talk, but webcast is open to all)
- **July 9, 2016, 3-4:30 p.m.** Transforming Your World Through Service, Part 6: Questions and Answers
 - August 13, 2016, 3-4:30 p.m. Topic to be announced.
 - **September 10, 2016, 3-4:30 p.m.** Topic to be announced.
 - October 8, 2016, 3-4:30 p.m. Topic to be announced.
- October 15, 2016, 3-4:30 p.m. "The Practice of Chod." Broadcast live from the Fall Retreat at Ligmincha Institute at Serenity Ridge, Nelson County, Virginia (not a public talk, but webcast is open to all)
 - November 12, 2016, 3-4:30 p.m. Topic to be announced.
 - December 10, 2016, 3-4:30 p.m. Topic to be announced.
- **December 31, 2016, 9-10:15 a.m.** "Experiential Transmission of Zhang Zhung, Part 3." Broadcast live from the Winter Retreat at Ligmincha Institute at Serenity Ridge, Nelson County, Virginia (not a public talk, but webcast is open to all)

Answers to commonly asked questions about live webcasts with Geshe Tenzin Wangyal Rinpoche can be found on the webcast FAQ page. Information there includes:

- How to stay informed about upcoming webcasts.
- Where to find video recordings of previous webcasts.
- How to access simultaneous translation into as many as 12 different languages.

All these free offerings are made possible through the generosity of Tenzin Wangyal Rinpoche and an international team of dedicated volunteers. Ligmincha International pays a fee to maintain the advertising-free webcast service. If you would like to support these efforts, donations are most welcome

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We look forward to seeing you at an upcoming webcast!