

## Voice of Clear Light

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## Transforming Our Emotions Through the Six Lokas

Ligmincha Learning Online Course Begins January 16



Ligmincha Learning is pleased to offer a seven-week online course on “Transforming Our Emotions Through the Six Lokas” from January 16–March 5, 2016. The course will give participants a thorough introduction to the Six Lokas practices of the Tibetan Bon Buddhist tradition.

At one time or another, each of us suffers strong emotions that throw us off balance, cause us to act in ways that we later regret and make us lose touch with our true nature. Centuries ago the masters of the Bon lineage developed the meditations of the Six Lokas specifically to remedy this situation, to help us live our lives in a balanced and relaxed way.

The meditations focus on the root causes of our suffering: anger, desire, greed, ignorance, jealousy, pride and laziness. Through each meditation we examine our habitual patterns so that we may recognize them, then through the enlightened energy of the Buddhas to purify and transform them so that we and all other beings might not continue to suffer in this way. The practices have a deep healing and transformative power, and are traditionally practiced at length as a preliminary to dzogchen contemplation.

The course features:

- Teaching videos and meditation videos with Tenzin Wangyal Rinpoche
- Meditation assignments including formal and informal practices
- Personal journal

- Reading assignments
- Online discussions with your classmates facilitated by John Jackson, director of the Chamma Ling Colorado retreat center

The course is structured in seven parts, with five days devoted to each section. Students can study at their own pace and have access to all materials as they are released.

Topics for each section are:

- Introduction to the Six Lokas
- The Hell Realms: Transforming Our Anger into Love
- The Hungry Ghost Realm: Transforming Our Greed into Generosity
- The Animal Realm: Transforming Our Jealousy into Openness
- The Demigod Realm: Transforming Our Pride into Peacefulness
- The God Realm: Transforming Our Laziness Into Compassion

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