



## Ligmincha Learning Online Course Starts January 5

### 'The Three Heart Mantras'



Ligmincha Learning's next online course on “The Three Heart Mantras” with Tenzin Wangyal Rinpoche starts January 5, 2018. The five-week course will continue through February 10.

The Three Heart Mantras are used in many different meditations in the Bön tradition and play a major role in the ngöndro (preliminary practices). They are said to be the essence of enlightenment in sound and energy, and as we sing or chant the mantras our awareness is transformed to be in union with the Buddhas. They are used for purification, protection and as primary practices toward self-realization.

Also within this course Tenzin Rinpoche explains the essence of the guru yoga, refuge and

bodhicitta practices, making this an excellent introduction to the tradition.

This course includes:

- Teaching Videos. Receive original teachings by Tenzin Wangyal Rinpoche created especially for this course.
- Guided Meditation Videos led by Tenzin Wangyal Rinpoche in your own home.
- Meditation Assignments. Experience improvement in your daily life through formal and informal practices designed for each part of the course.
- Online Discussions. Contribute to a global discussion with your classmates facilitated by John Jackson, director of the Chamma Ling Colorado retreat center.

[Learn more and register](#)

**Coming in 2018:** Online ngöndro course is now in production. More information soon!

[Learn more about ngöndro](#)