

Voice of Clear Light

Volume 14, Number 4 / August 2014



Aug. 30 Webcast with Tenzin Wangyal Rinpoche

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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 Institute website.

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

- **Aug. 30, 2014 (Saturday)**, 2–3 p.m. Eastern Time US (8–9 p.m. local time in Germany). “Clearing Your Negative Emotions: Transforming Your World Through the Six Lokas Practice.” In this free live webcast, Tenzin Wangyal Rinpoche will explain and guide a profound meditation practice that can help you to recognize your own negative emotions, clear them at a deep level, and transform them into positive qualities that can empower and enrich your life. Through this practice one purifies the karmic seeds of the Six Lokas, or six realms of existence, each associated with a characteristic emotion. Broadcast live from [Rinpoche’s Summer Retreat in Buchenau, Germany](#)

- **Sept. 27, 2014 (Saturday)**, 2:30–3:30 p.m. Eastern Time U.S. (1:30-2:30 p.m. local time in Mexico). “Guided Meditation: Purifying Your Karma Through Mantra.” Broadcast live from a three-day retreat on the same topic in Tepoztlan, Mexico.

- **Oct. 11, 2014 (Saturday)**, 3–4:30 p.m. Eastern Time U.S. “The Healing Power of Primordial Awareness.” Broadcast live from the Fall Retreat at Serenity Ridge, Nelson County, Virginia (not a public talk, but webcast is open to all).

We are now using a new, advertising-free service for webcasts by Tenzin Wangyal Rinpoche! When you register to attend, the system will prompt you to enter your email address so you can

receive a timely reminder of the upcoming webcast. Your email address will not be used for any purpose other than sending you these reminders, notices of future webcasts or other news from Ligmincha. You may unsubscribe at any time from these email notices.

Through the generosity of volunteers, simultaneous translation of webcasts is available in as many as 12 languages.

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