



## Upcoming Webcasts with Tenzin Wangyal Rinpoche

October 10 and October 24



Please join Tenzin Wangyal Rinpoche for the ninth in the yearlong series on Soul Retrieval: "Nourishing Your Inner Being: Questions and Answers." It will take place on Saturday, Oct. 10, 2015, 3–4:30 p.m. Eastern time U.S. (New York time).

Tenzin Wangyal Rinpoche guides a meditation for “nourishing your inner being”—cultivating the enriching experiences of body, energy and mind that arise from a clear, open state of being. The remainder of his webcast will be devoted to answering questions, submitted in advance, about the practices of soul retrieval.

**To submit a question** please email it no later than October 7, 2015, to [webcast@ligmincha.org](mailto:webcast@ligmincha.org). Only a limited number of questions can be answered during the webcast. Rinpoche asks that submitted questions, on the practice of soul retrieval, be kept as brief and clear as possible.

This webcast is Part 9 of a free, yearlong course in soul retrieval and is open to all. (Viewing Parts 1 through 8 is not required).

[Register now for the Oct. 10 webcast](#)

**Oct. 24, 2015, 3–4:30 p.m.:** Join Tenzin Wangyal Rinpoche for a free live webcast (not part of Soul Retrieval series) on “The Five Elements: Connecting with the Living Universe.” It will be broadcast live from Serenity Ridge Retreat Center in Nelson County, Virginia (not a public talk).

[Registration opens soon for October 24 webcast](#)

[Learn more about the free yearlong Soul Retrieval course](#)

**Mark your calendar** for the next webcasts:

- Saturday, November 14, 3–4:30 p.m., Eastern time U.S.: Part 10: The Power of Warmth: Physical Healing Through Meditation
- Saturday, December 12, FULL-DAY LIVE WEBCAST, 10 a.m.–4 p.m.: The True Source of Healing, Part 11: “Healing from the Source: Cutting the Root of Your Pain.”

**Please note** that the Soul Retrieval series of webcasts will continue through January 2016.

[View past webcasts](#)