



The Three Heart Mantras with Tenzin Wangyal Rinpoche

Five-Week Online Workshop Begins August 20, 2016

Ligmincha Learning is pleased to present an online course with Tenzin Wangyal Rinpoche on “The Three Heart Mantras of Bon” from August 20–September 24, 2016.



The Three Heart Mantras are used in many different meditations in the Bon tradition and play a major role in the ngondro (preliminary practices). They are said to be the essence of enlightenment in sound and energy. 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.

It is said that creating these mantras in any form brings merit and purification, so they are commonly found carved into stones, printed on prayer flags where they spread their benefits through the winds, and even drawn with gold ink and kept on shrines as an object of reverence and meditation. Their blessings are said to be endless. 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 features:

- **Teaching Videos** – Receive original teachings by Tenzin Wangyal Rinpoche created especially for this course.
- **Guided Meditation Videos** – Be 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 and co-leader of The 3 Doors European Academy.

Students work with the online materials according to their own schedules. However, as a general guideline we suggest that students make available: 1 to 1.5 hours each week to enjoy the teaching and guided practice videos; 30–90 minutes each morning during the course to experience the formal meditation practices (don't worry if you miss a practice but try not to); and between 1 to 2 hours per week for participating in online discussions.

The course is structured in five parts with a week devoted to each section. Learners can study at their own pace and have access to all materials as they are released, so it is easy to review earlier sections. Here are the topics for each week:

1. **Introduction to the 3 Heart Mantras** – This section provides an excellent foundation for your meditation practice, with a thorough overview of the use of mantras and an introductory meditation practice. Familiarize yourself with the online course format and meet your classmates from around the world.

2. **Refuge, Bodhicitta and Guru Yoga** – Rinpoche gives a thorough explanation of these three practices, which are integral to most meditations in the tradition, including the 3 Heart Mantras. He also explains the use of the Ah Om Hung meditation.

3. **OM MA TRI MU YE SA LE DU** – Mantra explanation and meditation.

4. **A KAR A ME TU TI SU NAG PO SHI SHI MAL MAL SO HA** – Mantra explanation and meditation.

5. **A OM HUNG AH A KAR SA LE OD A YANG OM DU** – Mantra explanation and meditation.

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