



## Upcoming Ligmincha Learning Online Courses

August 20: Three Heart Mantras & October 1: Six Lokas



**Beginning August 20:** Ligmincha Learning is pleased to present an online course with Tenzin Wangyal Rinpoche on “The Three Heart Mantras of Bön.” This five-week course runs from August 20–September 24, 2016. The Three Heart Mantras are used in many different meditations in the Tibetan Bön Buddhist tradition and play a major role in the ngondro (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.

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.

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