



Next Ligmincha Learning Online Course Starts July 7

'Transforming Our Emotions Through the Six Lokas'



Shenla Okar – Essential Buddha of the Six Lokas Practices Sign up now for Ligmincha Learning's online course with Tenzin Wangyal Rinpoche on “Transforming Our Emotions Through the Six Lokas.” This seven-week course runs from July 7–August 16, 2017.

At one time or another each of us suffer strong emotions that throw us off balance, cause us to act in ways that we later regret and make us lose touch with our true nature. Centuries ago, the masters of the Bön lineage developed the meditations of the Six Loka specifically to remedy this situation, to help us live our lives in a balanced and relaxed way.

The meditations focus on the root causes of our suffering: anger, desire or greed, ignorance, jealousy, pride and laziness. Through each meditation we examine our habitual patterns so that we may recognize them, then invoke the enlightened energy of the Buddhas to purify and transform us so that we and all other beings might not continue to suffer in this way. The

practices have a deep healing and transformative power, and are traditionally practiced at length as a preliminary to dzogchen contemplation.

[Learn more and register](#)

UPCOMING: September 1–October 7, 2017: Sherap Chamma, Mother of Wisdom and Love, taught by Marcy Vaughn.

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Ongoing FREE Ligmincha Learning online course available: [Starting a Meditation Practice](#)