



Online Course Through Ligmincha Learning

Sherap Chamma, Mother of Wisdom and Love with Marcy Vaughn



Sherap Chamma – Mother of Wisdom and Love

Ligmincha Learning's online course with Marcy Vaughn introduces the practices of Sherap Chamma, the Mother of Wisdom and Love. This six-week course runs from September 1–October 7, 2017.

In many cultures the primordial female energy is seen as the origin of existence and the source of all positive qualities. Sherap Chamma, Mother of Wisdom and Love, is the source of wisdom, and her medicine is love and compassion. The teachings of Sherap Chamma comprise one of the most important tantric cycles of the ancient Bön tradition.

In this online course, participants will learn a beautiful and simple meditation practice enabling each to directly connect with the divine feminine energy. Within the support of the group, we create an environment to promote profound healing of physical, energetic, emotional and spiritual dimensions of life. With visualization, the sound of mantra and deep contemplation, participants can make a personal connection to this sacred form of the universal mother, Sherap Chamma, and are guided through this connection to innate wisdom and the love and compassion that naturally radiate from that wisdom. Those experienced in meditation as well as those who are beginning are warmly welcomed.



Marcy Vaughn has been a practitioner of Tibetan Buddhism for more than 40 years and graduated in the first class of the master's program in contemplative psychotherapy at Naropa University.

Currently

a therapist in private practice in Pennsylvania, Marcy teaches meditation classes and leads retreats that explore imagery and voice in the healing process. Marcy edited the books *Tibetan Sound Healing*, *Awakening the Sacred Body* and *Awakening the Luminous Mind*, all by Tenzin Wangyal. She helped design and teaches in the The

3 Doors Academy, a two-and-one-half-year training program bringing contemplative practices to the secular world.

[Learn more and register](#)

UPCOMING: October 13–November 26, 2017: [The Five Elements, Healing with Form Energy and Light](#)

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