



## Ligmincha Learning Online Course Starts October 13

### 'The Five Elements: Healing with Form Energy and Light'



Ligmincha Learning will offer an online course on “The Five Elements: Healing with Form, Energy and Light” starting October 13, 2017. The six-week course with Tenzin Wangyal Rinpoche will continue through November 26.

In this course Rinpoche explains how each of the five elements relates to our daily experiences, emotions and relationships. He guides meditations for each of the elements, designed to help clear our obstacles and bring balance to our lives.

Each section of the course includes videos of Rinpoche’s teachings and a guided meditation; readings from *Healing with Form, Energy and Light*, and assignments for journal writing, discussion, and formal and informal practice. The course is designed so that you may integrate study and practice into your everyday routine, learning at your own pace, while enjoying the support of classmates and the course mentor.

[Learn more and register](#)

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