

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.

[Learn more/register](#)

July 16–August 15, 2021 **Sleep Yoga: The Yoga of Clear Light**



We spend one-third of our life in sleep, yet for most people sleep is a period of unconsciousness. Through the practices of the Yoga of Clear Light we can learn to be completely aware during our sleep, open, clear, resting in deep meditative presence. But how do we get from our current stress and disrupted sleep patterns to the state of clear light?

The course will introduce simple techniques to enter into sleep in a healthy, balanced way. Even if we do not consistently enter into clear light sleep, we can benefit from a refreshing, relaxed sleep that gives us deep renewal. This is supported by breathing techniques, physical postures and guided visualizations. Tenzin Rinpoche will also provide meditations to wake up in a beautiful way, feeling the blessings of sleep and stepping into our day with serenity. Through these simple practices we can transform our sleep to be one of tranquility and awareness.

[Learn more/register](#)

August 6–September 5, 2021

Sherap Chamma: Mother of Wisdom and Love with Marcy Vaughn



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 four-week 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, we make a personal connection to this sacred form of the universal mother, Sherap Chamma, and are guided through this connection to our 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.

[Learn more/register](#)

Ongoing Free Courses: Ligmincha Learning offers several ongoing free courses. They include

[“Star
ting a Meditation Practice, Parts 1 & 2](#)

[“The True Source of Healing
”](#)

;
; [“Living with Joy, Dying in Peace”](#);
; and
[“Transforming Your World Through Service.”](#)