



THE TRUE SOURCE OF HEALING

A YEARLONG INTERNET COURSE IN SOUL RETRIEVAL
WITH GESHE TENZIN WANGYAL RINPOCHE

Join Geshe Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha International, for monthly live webcast teachings on the topic of Soul Retrieval. Based on his upcoming book, *The True Source of Healing: How the Ancient Practice of Soul Retrieval Can Transform and Enrich Your Life* (Hay House, June 2015). Free and open to all! Eastern (NY) times listed.



Jan. 10, 2015 9 a.m.–4:30 p.m.
FULL-DAY WEBCAST: Reconnecting with Your Joyful Essence: An Introduction to the Tibetan Practice of Soul Retrieval

March 14, 2015 3–4:30 p.m.
The Five Natural Elements: Finding a Healthy Balance (postponed from Feb.)

April 11, 2015 3–4:30 p.m.
Discovering the Deepest Needs of Your Soul

May 9, 2015 3–4:30 p.m.
Communing with Nature to Nourish Your Soul

June 13, 2015 9 a.m.–4:30 p.m.
FULL-DAY WEBCAST: The True Source of Healing: Your Own Inner Refuge

July 11, 2015 3–4:30 p.m.
Tapping into Relationships to Nourish Your Soul

Aug. 15, 2015 3–4:30 p.m.
Overcoming Loneliness: Finding the Friend Within

Sept. 12, 2015 3–4:30 p.m.
Nourishing Your Inner Being: The Heart of Soul Retrieval

Oct. 10, 2015 3–4:30 p.m.
Nourishing Your Inner Being: Questions and Answers

Nov. 14, 2015 3–4:30 p.m.
The Power of Warmth: Physical Healing Through Meditation

Dec. 12 2015 9 a.m.–4:30 p.m.
FULL-DAY WEBCAST: Healing from the Source: Cutting the Root of Your Pain

Jan. 2016 (date TBA) 3–4:30 p.m.
Soul Retrieval as a Lifetime Practice

www.ligmincha.org 434-263-6304

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For information about Tenzin Rinpoche's worldwide teaching schedule visit www.ligmincha.org