

# **The Body of Light**

## **Transformation Through Space, Light, and Energy**

### **Part Three**

### **Teachings by Tenzin Wangyal Rinpoche**

**Friday, February 28, 2020, 7:30 p.m. – 9:00 p.m.**

**Saturday & Sunday, February 29-March 1, 2020, 9:30 a.m. – 5:30 p.m.**

**Location: 830 Bancroft, Rm. 106 (at the corner of Sixth), Berkeley, CA**

Every one of us has the possibility of becoming more open, more aware, and more creative by lightening the densities that prevent us from experiencing ourselves as we truly are.

In a five-weekend series, Tenzin Wangyal Rinpoche will teach practices that guide us towards this essential state of pure space and awareness, the body of light. These practices take us through the layers of our pain identities as they manifest within each of the five aspects of spiritual and personal development: body, speech, mind, positive qualities, and spontaneous creativity. As we release first the gross and then the subtler blockages we discover the body of light that becomes accessible as these blockages clear. This weekend will focus on mind.

All the weekends emphasize self-reflection and practices of the tantric and dzogchen teachings of the Bön tradition. There are no prerequisites needed in order to attend these teachings. Everyone is welcome.

**Cost:** Preregistration: \$145 or \$115 students and low income

At the door: \$185 or \$145 students and low income.

Friday evening only: \$20 (pre-registration not necessary)

**Please note that there is a \$50 cancellation or no-show fee.**

To **pre-register**, send a check or money order payable to **LIGMINCHA** to Laura Shekerjian, 1500 Holly St., Berkeley, CA 94703. *Be sure to include your email address and/or other contact information.* Please note that if you register at the door we only accept checks or cash. If you have questions about registration, contact Laura Shekerjian,

[laurashekerjian@gmail.com](mailto:laurashekerjian@gmail.com). For general information about the teachings, contact Susan Killian [susansnyderk@hotmail.com](mailto:susansnyderk@hotmail.com) or Laura Shekerjian at [laurashekerjian@gmail.com](mailto:laurashekerjian@gmail.com).

Join our mailing list by sending an email to [BonBayArea-subscribe@yahoogroups.com](mailto:BonBayArea-subscribe@yahoogroups.com). For more information about Rinpoche's teachings: [www.ligmincha.org](http://www.ligmincha.org)

**Location:** 830 Bancroft, Room 106, Berkeley, CA, at Sixth Street. It is ½ mile from N. Berkeley BART. From I-80, exit University Avenue. At the first light, Sixth St., turn right. Bancroft is 3 blocks south. The facility is on the southeast corner. The facility is carpeted and has chairs and a few floor cushions. It is best to bring your own cushions for floor seating. **Please do not park** on Sixth or Seventh Streets unless it is in front of commercial properties.

**TENZIN WANGYAL RINPOCHE** is a master of the dzogchen tradition of Tibet, a Bön lineage holder, and a highly respected and beloved teacher to students throughout the world. He is renowned for his depth of wisdom; his clear, engaging teaching style; and his ability to make the ancient Tibetan teachings highly accessible and relevant to the lives of Westerners. He is the director of Ligmincha International and the author of several books, most recently, *The True Source of Healing* and *Spontaneous Creativity*.