



## This November: Live Webcast, Online Workshop

### New Internet Teachings With Geshe Tenzin Wangyal Rinpoche

Tenzin Wangyal Rinpoche's final live Webcast of 2010, entitled **Nourishing Your Inner Being**, will take place on Tuesday, Nov. 16, from 7 - 8:30 p.m. Eastern Time U.S. (New York time). This will be a broadcast of a free public talk offered in partnership with Unity Church, Charlottesville, Va. If you can join us in person, please do. Otherwise, participate at the link below! Because of our chat screen, Webcast participants, like in-person audience members, have a valuable opportunity to ask Rinpoche questions after his talk.

[Enter the broadcast site &gt;](#)

**New: Spanish-speaking viewers** can access a real-time Spanish translation of Rinpoche's teaching/guided practice [at this broadcast link&gt;](#)

**November 6 - 28, 2010**

**New online workshop with Tenzin Wangyal Rinpoche:**  
**'Achieving Great Bliss through Pure Awareness.'**

There is still time to register for a new three-week online course with Geshe Tenzin Wangyal Rinpoche that takes place Nov. 6 through 28, 2010. Space is limited, so register soon. In this workshop Tenzin Rinpoche will instruct and guide the practice of **the Fivefold Teachings of Dawa Gyaltsen**, a revered Tibetan Bon dzogchen meditation master who lived in the eighth century A.D. This ancient teaching offers pith instructions for a meditation practice that guides one to enter a state of pure awareness that can lead to peace, joy, and ultimately self-realization. Throughout the three weeks Rinpoche will offer direct personal guidance in the practice.

[Learn more &gt;](#)