

Voice of Clear Light

Volume 14, Number 4 / August 2014



New 3 Doors Academies Begin in 2015

Transforming Lives Through Meditation



[The 3 Doors](#) , inspired by the vision of Tenzin Wangyal Rinpoche, is a contemplative educational organization whose purpose is to offer simple and powerful meditation practices in contexts that support self-reflection, transformation and the desire to benefit others. Headquartered in the United States, The 3 Doors is an international organization that currently offers classes and retreats throughout the United States, Latin America and Europe.

New 3 Doors Academies Begin in 2015

Applications are now being accepted for the next [U.S. and European Academies](#) . The U.S. Academy, beginning April 2015, meets at Serenity Ridge Retreat Center in Nelson County, Virginia, and is taught by

[Marcy Vaughn and Gabriel Rocco](#)

. The European Academy begins in June 2015 (location to be determined) and is taught by [John Jackson and Raven Lee](#)

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To request an application, send an email to the links below.

[U.S. Academy](#)

[European Academy](#)

The 3 Doors Global

The 3 Doors Global keeps 3 Doors participants connected to what is happening. The newsletter is the voice for teachers, current trainees and alumni. It also is where prospective trainees and friends can find out about upcoming academies and other workshops and classes taught

worldwide. Watch for classes and activities in your area!

[Subscribe](#)



The 3 Doors Introductory Presentations and Workshops

In introductory presentations and workshops, participants are invited to engage in practices of meditation and reflection so that they may look within and discover the jewel that is hidden in ordinary experience. This jewel is called the “inner refuge.” We can connect to the inner refuge through meditation practices of body, speech and mind. From this connection, genuine warmth can arise to benefit ourselves and others.

Join us for any of our weekend seminars, which present simple and profound meditation practices as a means to connect with the power of being fully present and alive to the infinite possibilities in each moment of life. These workshops are appropriate for beginning and advanced meditation practitioners alike.

Introductory presentations are offered on the following topics:

- *The Healing Power of the Inner Refuge* explores how bringing attention to the stillness of the body, the silence of speech and the spaciousness of mind offers an entryway to the free and open space of being and the positive healing qualities that emerge.

- *Awakening the Sacred Body* introduces the practices of the Nine Breathings of Purification and five Tsa Lung exercises as supports to clear obstacles that can block the healing space of the inner refuge.

- *Awakening Authentic Presence* introduces the practice of the Five Warrior Syllables, a practice that uses the power of sound to clear obstacles and awaken positive qualities that transform one's life.

- *Awakening the Luminous Mind* introduces the practice of the Fivefold Teaching of Dawa Gyaltzen, offering clear guidance on transforming confusion into wisdom.

Schedule of Introductory Presentations and Workshops

Please subscribe to [The 3 Doors newsletter](#) to learn about more events as they are scheduled around the world.

- **Nov. 5, 2014:** *An Introduction to The 3 Doors: Transforming Lives through Meditation*. An evening introductory presentation and guided meditation with Raven Lee in Hilversum, the Netherlands. Contact:

[Tonny Maas](#)

- **Nov. 8–9, 2014:** *Awakening the Sacred Body* with John Jackson in Berlin, Germany. Contact:

[Anja Benesch](#)

- **Nov. 12, 2014:** *An Introduction to The 3 Doors: Transforming Lives Through Meditation*. An evening introductory presentation and guided meditation with John Jackson and Raven Lee in Berlin, Germany. Contact:

[Anja Benesch](#)

- **Nov. 15–16, 2014:** *Awakening the Sacred Body* with John Jackson in Frankfurt, Germany. Contact:

[George Ajhar](#)

