



Focusing and Calming Your Mind with Tenzin Wangyal Rinpoche **Free Two-Week Online Workshop for Beginners Starts April 16**

For the past six years Geshe Tenzin Wangyal Rinpoche has been providing meditation instruction through his popular GlideWing.com online workshops. Now, for the first time he will offer a two-week workshop free of charge. The course will take place from April 16 through May 1. All that's needed to participate is a high-speed Internet connection.

“Meditation for Beginners: Focusing and Calming Your Mind” is tailored for beginning meditators but will be beneficial for anyone – including experienced practitioners – who needs support in stabilizing their thoughts and their mind. The course gives comprehensive instruction in the zhine, or “calm abiding,” practice, which has its source in the ancient Bon Buddhist tradition of Tibet. Through this practice you will learn to quiet and calm the mind by focusing attention on a single object. Three forms of zhiné are taught: focusing on a visual support; focusing on sound; and focusing on the “Three Precious Pills” – stillness of the body, silence of the speech and spaciousness of the mind.

A short meditation practice each day can bring many benefits, including enhancements to physical, emotional and psychological well-being. More specifically, the practices of this workshop can help you to:

- Improve your focus in all areas of your life.
- Clear negative emotions, unblock creativity, enhance your productivity and improve your mood.
- Find more sense of peace, quietude and inner calmness.
- Become more connected and grounded in all experiences of body, speech and mind.
- Stabilize clarity of mind and cultivate awareness.
- Come closer to your true self.

Rinpoche instructs and guides the practice through a series of videos that can be watched at home on your own schedule. A discussion forum lends a sense of community and permits you to share experiences, ask questions and engage in mutual support. A course moderator will ensure that forum discussions are appropriate and supportive.

[Learn more/register](#)