



## Next GlideWing Online Workshop Begins November 12

### ‘Achieving Great Bliss Through Pure Awareness’



Tenzin Wangyal Rinpoche’s next three-week GlideWing online workshop, on “The Nature of Mind: Achieving Great Bliss Through Pure Awareness,” will be held November 12–December 4. This ancient Tibetan meditation practice provides a direct method for entering the state of pure awareness that leads to peace, joy and, ultimately, full realization.

In this interactive course, students will learn and practice from their own home, at their own schedule, with personal support and guidance from Geshe Tenzin Wangyal Rinpoche.

Via Internet-based video, Rinpoche will guide you through each of the steps of the Fivefold Teachings of Dawa Gyaltsen, an eighth century dzogchen meditation master. Dzogchen, also known as the "Great Perfection" or "Great Completion," is considered the path of self-liberation and the highest form of teaching and practice in the Tibetan Bön Buddhist tradition. The practices of this workshop offer methods for progressively expanding and deepening one's state of conscious awareness until one transcends the level of the ordinary mind, becoming one with the blissful state that is the true nature of mind.

[Learn more and register](#)

### Upcoming GlideWing Workshops:

- Jan. 7–29, 2017: [Awakening the Sacred Body](#)
- Feb. 25–March 19, 2017: [Healing from the Source: Meditation as Medicine for Body and Mind](#)