



Next GlideWing Online Workshop Begins February 25

'Healing from the Source: Meditation as Medicine for Body and Mind'



Tenzin Wangyal Rinpoche's next three-week GlideWing online workshop, on "Healing from the Source: Meditation as Medicine for Body and Mind," will be held February 25–March 19. This workshop, with personal support and guidance from Geshe Tenzin Wangyal Rinpoche, focuses on cultivating loving-kindness as a means for preventing and healing both physical and emotional pain.

Based on ancient teachings of dzogchen from the Tibetan Bön Buddhist tradition, the workshop helps one discover the "great healer within." The core teachings of dzogchen introduce us to the nature of mind, to our own inner refuge, the true source of healing. Everyone has access to this source through the three doors of body, speech and mind, Rinpoche has explained. He describes stillness of the body, silence of speech and spaciousness of the mind as the "three precious pills" – a powerful medicine you can take at any time, with no side effects, to help divert you from your self-punishing tendencies, clear pain and negativity, cultivate awareness and ultimately access the healing qualities that spontaneously arise in that space.

[Learn more and register](#)

Upcoming GlideWing Workshop April 29–May 21, 2017: [Ti](#) betan Meditation – Achieving

Great Bliss Through Pure Awareness