

**Volume 20, Number 5 / October 2020**

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**Letter from the Editors**

**Ways We Connect**

Dear Friends,

In this issue's teaching excerpt, Tenzin Wangyal Rinpoche addresses our 'addiction' to searching. And how the simple truth of our own natural perfection, just as it is, eludes us in our busy-ness of searching. One's distractions can be endless. [More](#)

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**Searching and the Nature of Self-Discovery**

## **An Edited Excerpt from Oral Teachings given by Tenzin Wangyal Rinpoche, June 2020**

I have been teaching from The Seven Mirrors of Dzogchen text. These dzogchen teachings and meditations show us that what we are seeking, every enlightened quality, is perfected in us. Why are we saying that what we are seeking is perfected in us?

Look at your life, look around you. Have you noticed that people are searching all of the time?

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### **‘Serenity Ridge Dialogues: Body, Breath & Mind’**

## **Join Us on Zoom for Special October 9–11 Symposium**

When we bring our attention to our body, our breath and our mind, what happens and why? How does our relationship to sensations, thoughts and perceptions change through spiritual or energetic practices? Can science and medicine inform what and how we practice?

Join Tenzin Wangyal Rinpoche and special guest Deepak Chopra, along with leading scientists, physicians and practitioners, for a live online summit October 9–11 [More](#)

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## 'Fall Retreat: The Five Elements'

Online via Zoom October 21–25

According to the ancient Tibetan spiritual traditions, our planet is alive and sacred. The five natural elements – earth, water, fire, air and space – can be considered fundamental aspects of a living universe. All of our experiences, from the sensations of the physical body, to the emotions, to the most fleeting of thoughts, are said to be composed entirely of these five elements in interaction.

Join Geshe Tenzin Wangyal Rinpoche for the Fall Retreat October 21–25 on the topic of “The Five Elements.” [More](#)



## Finding Support in the Elements

From *Healing with Form, Energy and Light* by Tenzin Wangyal Rinpoche

*Here are a few brief excerpts – heart advice from Rinpoche's book Healing with Form, Energy and Light – that give a glimpse into some of the wonderful connections we can have to the five elements of earth, water, fire, air and space. The sacred connections to the natural world offer us so much, and in that recognition we can offer so much back!*

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