



Three-Week GlideWing Workshop Begins June 11

Tibetan Sound Healing: The Five Sacred Warrior Seed Syllables



The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “Tibetan Sound Healing: The Five Sacred Warrior Seed Syllables,” will be held June 11–July 3, 2016. With Rinpoche’s personal guidance you will learn to use the healing power of five sacred syllables known as the Five Warrior Syllables. Guided by the mind and carried by the breath through subtle channels within the body, the power of sound will open the potential to bring joy and love to your life, facilitate personal healing, dissolve energetic disturbances and awaken positive action in the world around you.



Changing life for the better isn’t easy – especially when we’re trying to change by thinking or worrying our way out of problems. Overcoming a nagging physical issue, bad habit, negative emotion or harmful thought pattern can take months, years, even decades of trying. The changes we do make often don’t stick. The Tibetan spiritual traditions offer a faster route to lasting happiness and well-being. Through the ancient practice of the Five Warrior Syllables, you will discover the power of pure, primordial sound to quickly cut through the obstacles to lasting change and to open the space for profound healing of body, energy and mind.

Tenzin Rinpoche's teachings are based on his popular book [Tibetan Sound Healing: Seven Guided Practices for Clearing Obstacles, Accessing Positive Qualities, and Uncovering Your Inherent Wisdom](#), Sounds True, 2006.

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