



February GlideWing Workshop

'The Truth That Sets You Free: Discovering Your Inner Wisdom Through Practices of Waking and Sleeping '



The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, "The Truth That Sets You Free: Discovering Your Inner Wisdom Through Practices of Waking and Sleeping," will be held February 17–March 11, 2018. Learn and practice from your own home, at your own schedule, with personal guidance from Geshe Tenzin Wangyal Rinpoche.

This three-week workshop is about becoming liberated from fear and other disturbing emotions so you may live more fully and genuinely in all aspects of life. Ultimately, it's about achieving final liberation, or enlightenment.

The meditations taught in this workshop include daytime contemplative practices from the dzogchen, or "great perfection," tradition of Tibetan Bön Buddhism. They also include sleep yoga practices of the night from the Bön Mother Tantra, which offer helpful support for one's dzogchen practice. Through these practices and meditations, Rinpoche helps you to discover the truth of who you are: a sense of spacious awareness that is beyond the ego-based identity and which is eternal, changeless, indestructible and serene. Realizing this truth is what liberates us from the fear and negative emotions that have trapped us in suffering.

[Learn more/register](#)

Coming in March: FREE three-week online course, "Focusing and Calming Your Mind: The Tibetan Practice of Zhine" with Tenzin Wangyal Rinpoche. March 17–April 1, 2018.

[Learn more/register](#)