



The Truth That Sets You Free

Next GlideWing Online Workshop Begins May 11



GlideWing is pleased to offer The Truth That Sets You Free, a three-week online workshop with Tenzin Wangyal Rinpoche from May 11-June 2, 2024. This 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.

Nearly all of us feel strongly attached to our physical body and to our sense of identity as a professional, a spouse, a son or daughter, for example. But our genuine self is far simpler, and more profound, than any of these. Through the practice of sleep yoga and other guided meditations, Tenzin Wangyal 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. It can help us overcome fear even during the most challenging moments, including the time of our own death.

[Learn more/register](#)

Upcoming. [Healing from the Source](#) . June 15-July 7, 2024.

Ongoing. [Focusing and Calming Your Mind, The Tibetan Practice of Zhine](#) , a free two-week self-guided online workshop.

Learn more at glidewing.com