



## Launching of The Three Doors Vision

### Transformative Practices for Body, Speech and Mind



Kallon Basquin (L) and other sangha members. Photograph by ME McCourt

Though we didn't know it at first, Tenzin Wangyal Rinpoche had something very special in store for those of us attending Ligmincha's 2010 Summer Retreat. A long-held vision of Rinpoche's began to reveal itself over the three weeks as he lovingly encouraged us to face our "pain body." The pain body, he explained, is that mistaken "I," its imagination, and the suffering that is the result. Each week he gave us tools to face the pain body rather than running from it. He guided us to observe it nakedly and to arrive at the truth beneath the suffering of the pain body. That truth is held in the refuge place of stillness, silence and spaciousness. We learned to recognize how the pain body masquerades as truth and how it can be dissolved to reveal the profound spaciousness and freedom that are our birthright. We began to recognize how suffering and hidden obstacles distract us from our sacred body by creating the pain body as well as pain speech, pain mind, and pain actions. And we learned how to use special practices to disperse the pain body and awaken the sacred body. Those practices are the Nine Breathings of Purification, Tsa Lung, Five Warrior Syllables, and the Fivefold Teachings of Dawa Gyaltzen.



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