

Voice of Clear Light

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‘Do You Want To Be the One Who Can Heal Relationships with Your Ancestors?’

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Photo by Anja Benesch

“Do you want to be the one who can heal relationships with your ancestors?” This is what I heard Tenzin Wangyal Rinpoche say in 2011. I had been thinking about starting The 3 Doors Academy, but the moment I heard these words there was no longer any doubt. Yes, this was and continues to be my deepest wish.

I started the European Academy that summer and didn’t really know what to expect. Completing the application was the start of learning more about the Academy process. I already knew about the 63 transformations we would work on and was familiar with all the practices that would be introduced in the Academy. However, I couldn’t have expected how deeply they would touch my feelings during these coming years.

I had practiced the Tsa Lung and the Nine Breathings for a long time as well as the Warrior Seed Syllables. However, the way the Academy teachers guided us through these practices during our group retreats was fascinating because of what was coming up from my body and my inner speech. It really helped me become aware of how painful my thoughts could be. After some time, I could experience that what we were being taught was true, really true: in allowing the pain to be there, virtuous qualities can arise and healing will find its way.

The atmosphere inside the Academy group was like the practice itself. As we hosted each other, we could see and hear our differences and also discover how much we were all the same. We shared our thoughts, words and feelings. We sat in silence and in laughter or tears. Most powerful was the open space in our hearts as we hosted any pain that we shared by listening, being aware and being present with each other. The power of the group circle was initiated by our teachers, who gave examples from their own lives in which they expressed their wisdom and experience.

I discovered that inside my body there are many layers of feelings. As I looked at these feelings I could allow space or could contract. When I chose to allow space, I could taste what was there. A deep connection with my ancestors awoke. It took many moments and sessions of practice just to allow this to arise, and it became clear to me that in healing my own pain, I was able to heal the pain of my ancestors as well. Time didn't exist. The very moment I got a clear insight, the moment inner warmth arose, I could feel that something had healed.

This process is going on today. It seems to me that there is no limit to what can be healed. More and more I am aware of what is meant in the dedication: "In liberating my own being, may I benefit others." When I'm able to look with a wider view, people and situations change. That is the power of The 3 Doors Academy. May we all benefit from these healing teachings and practices.

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