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**Letter from the Editors**

**On the Horizon**

Dear Friends,

Thankfully over this past difficult year of the pandemic, there have been many opportunities for connection and growth to help keep us focused on the important truth of the dharma—recognizing our own true nature. The advantages of attending any of Tenzin Wangyal Rinpoche's numerous online retreats and talks are many, but the chance to all be together again for *in-person* retreats is finally on the horizon! [More](#)

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## **The Richness of Resting in Being**

### **An Edited Excerpt from Oral Teachings Given by Tenzin Wangyal Rinpoche, Spring 2021**

We all understand one way or another how much we need to relax, don't we? We do various things, when we can, to try and relax. However, as human beings in general, and particularly here in modern Western culture, we don't give ourselves permission to just simply be. [More](#)

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### **Dream Yoga and Sleep Yoga June 20–July 3**

#### **Attend One or Both Weeks of Online Summer Retreat on Zoom**

Dream Yoga and Sleep Yoga are profound teachings from the Tibetan Bön Buddhist tradition to support the realization of one's true nature. Tenzin Wangyal Rinpoche will teach on these topics during this year's summer retreat, offered online via Zoom. Dream Yoga will be offered June 20–26 and Sleep Yoga will be held June 27–July 3. All are welcome to join us for one or two weeks of this retreat. [More](#)

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