

Volume 23, Number 1/ February 2023

[Read the full issue](#)



Letter from the Editors

Being Closer to Your True Self

Dear Friends,

We hope the New Year is treating you well! In this teaching excerpt, Tenzin Wangyal Rinpoche shows us how to use our thought-filled, story-making, serious minds and emotions, which are always quite good at stealing the show, as a means for coming back home to the spacious awareness that is the source. Our gratitude, Rinpoche, for this timeless wisdom that is beyond words. E MA HO.

Happy Losar! Celebrate the Tibetan New Year on February 21. [More](#)
