



New TWR LIVE Series Begins April 11

Sleep Yoga, Live on Facebook with Tenzin Wangyal Rinpoche



Bringing
Ancient Wisdom
Teachings to Life

Tenzin Wangyal Rinpoche has launched an innovative way for you to connect with him, the ancient Tibetan teachings and fellow students around the world through regular live broadcasts that can be easily viewed on Rinpoche's Facebook page. All broadcasts are free and open to all—you don't need a Facebook account to view them.



To access the viewing screen, [visit Rinpoche's Facebook page](#) at the time of the broadcast ([click here](#) to see the broadcast schedule). If the screen doesn't appear right away, the broadcast may not have begun yet, so try reloading the page. If you have a Facebook account, you'll have an opportunity to submit questions and receive answers from Rinpoche. Be sure to "like" his page

and click “Follow” to receive a notification each time Rinpoche goes live.

The Sleep of Clear Light: How falling asleep with awareness can change your life

Beginning April 11, 2017, Tenzin Wangyal Rinpoche will offer a new, five-week series of TWR LIVE teachings on sleep yoga. A powerful tool for awakening, sleep yoga is more than a practice of the night. It helps us to integrate all moments—waking, sleeping, meditation, and even death—with the clear light of awareness.

Each Tuesday of the five-week series, Rinpoche will offer a teaching and guided meditation; each Thursday he will answer viewers' questions from the previous session and guide a supportive meditation practice. **All sessions will begin at 1 p.m. Eastern Daylight Time U.S. (New York time)** and last for 30 to 40 minutes.

- **April 11 & 13:** Preparing Your Mind for Sacred Sleep
- **April 18 & 20:** Meditating on Clear Light While Asleep
- **April 25 & 27:** Daytime Practices to Prepare for the Night
- **May 2 & 4:** Who Are You as You Fall Asleep?
- **May 9 & 11:** Sleeping with Awareness, Dying Without Fear

[Learn more/TWR LIVE schedule](#)

[More about sleep yoga](#)

[View archive](#) of recordings of TWR LIVE events

Newly Scheduled:

April 6, 2017, at 9 p.m. New York time: Tenzin Wangyal Rinpoche in conversation with author, facilitator and teacher Diane Musho Hamilton

Topic: Conflict as a Source of Insight: Practical approaches to find connection in difficult relationships.

Diane Musho Hamilton is a mediator, group facilitator and contemporary spiritual teacher. She has mediated a broad range of disputes and transactions in settings that private industry, governmental and nonprofit agencies, and individuals. She was the first director of the Office of Alternative Dispute Resolution for the Utah Judiciary. A meditation practitioner for almost 30 years, she has studied at Naropa University and in 2003 received ordination as a Zen monk.

May 24, 2017, 12 noon New York time: Tenzin Wangyal Rinpoche in conversation with

Theoretical quantum physicist Amit Goswami

Dr. Amit Goswami is a retired professor from the University of Oregon's Department of Physics. He is a pioneer of "science within consciousness" and is among a growing body of scientists who have ventured into the domain of the spiritual in an attempt both to interpret the seemingly inexplicable findings of curious experiments and to validate intuitions about the existence of a spiritual dimension of life. Goswami has written numerous books based on his research on quantum physics and consciousness. His most recent is *The Everything Answer Book*. Goswami has appeared in the film "What the Bleep Do We Know" and its sequel, "Down the Rabbit Hole," as well as the documentaries "Dalai Lama Renaissance" and the awarded-winning "The Quantum Activist."

[Learn more/TWR LIVE schedule](#)

[More about sleep yoga](#)

[View archive](#) of recordings of TWR LIVE events