



TWR LIVE Pith Instructions Continue Through December on Flexible Schedule

Conversations Set for January 2 and 3, 2018



Geshe Tenzin Wangyal Rinpoche will continue his TWR LIVE teachings on the topic of Pith Instructions through the month of December on his Facebook page. Because of uncertain Internet access amid Rinpoche's extensive travels in coming days and weeks, there must be flexibility in the broadcast schedule. Visit the [Ligmincha Learning website](#) for schedule updates.

Pith instructions are an extraordinarily simple and direct way to receive and connect with the ancient Tibetan teachings. In these teachings and guided meditations, Rinpoche will draw from his own years of personal reflection on the heart-essence teachings of dzogchen. The dzogchen, or "great perfection," teachings are considered the path of self-liberation and the highest form of teaching and practice in the Bön Buddhist tradition. Their practices can enable the practitioner to directly experience the nature of mind, which is our true essence.

In addition to his Pith Instruction teachings, two Conversations LIVE (part of TWR LIVE) will

take place on January 2 and 3, 2018. On January 2, Rinpoche will engage in conversation with two Tibetan doctors; and on January 3 he will talk (Tibetan language only) with six Tibetan lamas.

You also may wish to view the first TWR LIVE Creative Meet & Greet, broadcast live on Rinpoche's Facebook page on November 14.

[View Meet & Greet here](#)

[View TWR LIVE on Facebook](#)

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