



## □ TWR LIVE Pith Instructions Continue in 2018

### Free Facebook Broadcasts with Tenzin Wangyal Rinpoche



Bringing  
Ancient Wisdom  
Teachings to Life

Tenzin Wangyal Rinpoche plans to continue offering teachings in his Pith Instructions series on TWR LIVE this year. View the three January teachings in this live Facebook series in the Ligmincha Learning website's [archive of recordings](#) , and look for more to come.

The first teaching of three related broadcasts, "Discovering the Dance of Stillness," was held January 18. "Finding the Melody in Silence" was held January 27, and "Embracing the Warmth of Spaciousness" on January 29.

In the Pith Instruction series, which began in 2017, Rinpoche draws from his own years of personal practice and reflection on the heart-essence of the teachings of dzogchen, or "great perfection," to offer these teachings and guided meditations. The practice of dzogchen can transport the practitioner directly into the nature of mind, our real essence.

Check the links below to learn about upcoming broadcasts and view past teachings.

[More about TWR LIVE](#)

[Video introduction to the Pith Instructions series](#)  
[Archive of past TWR LIVE recordings](#)