



□ 'Meditation as Medicine' Research Study Results

Pain Reduced by One-Third Among Online Workshop Participants



In summer 2016, Tenzin Wangyal Rinpoche and GlideWing Online Workshops offered a three-week online workshop featuring Bön Buddhist teachings and meditation practices for reducing physical and emotional pain. A formal research study was conducted to determine the effects of the workshop.

The findings showed that participants' physical and emotional pain were reduced by more than one-third after three weeks, and that the effects persisted after the workshop. There was a very strong correlation between worst daily levels of pain and levels of draining or wasted energy for participants on the days of the workshop.

