



New Interactive Online Course

Join Geshe Tenzin Wangyal Rinpoche for a three-week online Tibetan Sound Healing Workshop



We are delighted to announce that a three-week Tibetan Sound Healing course will be offered in a new interactive online format, from Jan. 16 through Feb. 7, 2010. Through instructional videos, Tenzin Wangyal Rinpoche will explain, demonstrate and guide the practice of ancient sound healing techniques. Now you can join him out of the comfort and privacy of your own home. As you progress through the practices, Rinpoche will make himself available to provide guidance and answer questions.

[More information/register at www.glidewing.com >](http://www.glidewing.com)

Introducing New Online Format!

- Instruction is via Internet-based video
- Three weeks of ongoing support from Tenzin Wangyal Rinpoche as you work with the practices
- No set class times, instructional videos remain available throughout the course
- Practice on your own schedule in the comfort of your home

- Share your experiences and learn from other practitioners through forums, chats, blogs and instant messaging
- Easy-to-use and easy-to-navigate workshop site
- All you need is a broadband Internet connection such as DSL or cable.

Workshop dates: January 16 to February 7, 2010

About Tibetan Sound Healing



Since ancient times meditative practices from many spiritual traditions have used sound and its vibration as an essential tool for healing and spiritual development. Through the singing and chanting, spiritual practitioners and healers could access purification and restore harmony within physical, emotional, psychological, and spiritual dimensions. The Tibetan Bön Buddhist tradition is one of the oldest unbroken lineages of wisdom that uses sound for the well-being of its practitioners.

In this course you will learn to use the healing power of five sacred syllables referred to as the *Five Warrior Syllables*

. Guided by the mind and carried by the breath through subtle channels and chakras of the body, the power of sound will open the potential to bring joy and love to your life, facilitate personal healing, dissolve energetic disturbances, and awaken positive action in the world around you. Through practicing with these five sacred and powerful sounds, you can transform your life and discern a clear path that begins with openness and leads to spontaneous, virtuous action in the world.

Tenzin Wangyal Rinpoche is your guide and teacher in this workshop. With the capacity to translate ancient texts into modern Western idiom, he will present these teachings and instruct the meditations in a way that is clear and practical.

Workshop dates: January 16 to February 7, 2010

Registration: \$295.00

Please note: space is limited

This workshop is created in cooperation with GlideWing Productions. For more information and to enroll in the workshop, visit www.glidewing.com or write to us at programs@glidewing.com

"These are known in Bon as the Five Warrior Syllables. The reason these seed syllables are called warriors is because they are powerful and indestructible. They are associated with the Five Wisdoms — and it is wisdom that is able to penetrate fear and ignorance to cut the roots of samsara. Our negative emotions, even physical illness, are a result of ignorance. Using sound in this way can be very healing on many levels."

—Geshe Tenzin Wangyal Rinpoche Tibetan teacher Geshe Tenzin Wangyal Rinpoche is the founder and spiritual director of Ligmincha Institute in Shipman, Va., a nonprofit organization dedicated to preserving the Bon Buddhist tradition and introducing it to the Western world. Rinpoche is a beloved teacher throughout the United States, Mexico, and Europe, and author of many books including

Tibetan Sound Healing: Seven Guided Practices for Clearing Obstacles, Accessing Positive Qualities, and Uncovering Your Inherent Wisdom.

Sounds True, 2006. Available from

[Ligmincha Institute's Bookstore and Tibet Shop >](#)