

**Awakening the Sacred Arts:
Discovering Your Creative Potential
With Geshe Tenzin Wangyal Rinpoche**

A GlideWing Productions online workshop
Course Syllabus

Introduction

Please tell us about your previous experience
The Role of Creativity in Life
Creativity in the Dzogchen Teachings
Choosing a Project for This Workshop
Workshop Practices

Session One - The Obstacle of Fear

The Joy of Creativity
The Inner Space
Recognizing the Obstacle of Fear
Dissolving the Obstacle of Fear
Introduction to the Three Pills
Creative Project Practice
Informal Practice
Formal Practice
Guided Formal Practice
Guided Formal Practice - downloadable audio file

Session Two - The Obstacle of Hope

Recognizing the Obstacle of Hope
More About Overcoming the Obstacle of Hope
Discovering the Inner Light of Awareness
Clearing the Obstacle of Hope
Introduction to the Nine Breathings of Purification
Nine Breathings of Purification - Step-by-Step Practice Instructions
Informal Practice
Creative Project Practice
Guided Formal Practice
Guided Formal Practice - downloadable audio file

Session Three - Clearing Obstacles

Allowing the Flow of Creativity
Planning versus Spontaneity
Qualities That Arise upon Clearing Obstacles
Informal Practice
Creative Project Practice
Guided Formal Practice
Guided Formal Practice - downloadable audio file

Session Four - Rushen Art

Welcome to the Sacred Arts! PDF document
The Practices of the Three Pills and Inner Refuge
Introduction to the Practices of the Sacred Arts
Important Considerations for the Practices of Rushen and Tögel Art
The Practice of Rushen Art
Who Should Practice Rushen Art
Choosing a Project for the Sacred Arts Practices
The Practice of Rushen Art When Working on a Project
Mistakes to Avoid in the Practice of Rushen Art
The Healing Benefits of Rushen Art
Informal Practice
Applying Rushen Art to Your Creative Project
Guided Formal Practice
Guided Formal Practice - downloadable audio file

Session Five - Rushen Art continued

Welcome to Session Five! PDF document

Session Six - Tögel Art

Welcome to Session Six! PDF document
Introduction to the Practice of Tögel Art
Who Should Practice Tögel Art
Mistakes to Avoid in the Practice of Tögel Art
The Practice of Tögel Art When Working on a Project
Benefits of the Practice of Tögel Art
Applying Tögel Art to Your Creative Project
Informal Practice
Guided Formal Practice
Guided Formal Practice - downloadable audio file

Session Seven- Tögel Art continued

Welcome to Session Seven! PDF document

Session Eight - Review and Conclusion

Workshop Review
The Sacred Art of Living
Recommendations for After the Workshop
Thank You and Farewell

Please give us your feedback
Awakening the Sacred Arts - Workshop feedback