

Healing From the Source with Tenzin Wangyal Rinpoche

A GlideWing Online Workshop Course Syllabus

Introduction

- Hello and Welcome (2:14)
- About This Workshop (7:02)
- Who This Workshop Is For (7:52)
- Structuring Your Practice (4:56)
- Creating a Sacred Space for Your Practice (1:34)
- Formal and Informal Practices in This Workshop (2:26)
- The Five-Point Posture (1:39)
- Nine Breathings of Purification - Introduction (3:13)
- Nine Breathings of Purification - Instruction (7:50)
- The Mind-Body Connection (2:50)
- Concluding Words (2:13)

Session One

- How Sickness Arises (15:15)
- The Analogy of the "Rotten Karmic Cushion" (6:31)
- How to Stop Draining Ourselves (7:09)
- The Three Precious Pills (25:48)
- The Effect of the Three Precious Pills on You and Your Body (3:33)
- Suggested Formal and Informal Practice (9:27)
- A Word about Formal Practice (1:39)
- Guided Meditation - Three Precious Pills (25:43)
- Guided Meditation - Downloadable Audio File (MP3)

Session Two

- Possible Challenges in Practicing with the Three Precious Pills (12:35)
- Qualities Arising from the Three Precious Pills Practice - Part One (13:39)
- Qualities Arising from the Three Precious Pills Practice - Part Two (12:27)
- Suggested Formal and Informal Practice (14:59)
- Guided Meditation - Arising Qualities (13:47)
- Guided Meditation - Downloadable Audio File (MP3)

Session Three

- The Perception of Self (4:57)
- The Spacious, Luminous, Warm Hug - Part One (12:04)
- The Spacious, Luminous, Warm Hug - Part Two (8:21)

Suggested Formal and Informal Practice (13:17)
Guided Meditation - Spacious, Luminous, Warm Hug (17:54)
Guided Meditation - Downloadable Audio File (MP3)

Session Four

Dealing with Emotions and Emotional Pain (7:10)
The Self-Liberating Nature of Emotions (17:41)
Using Three Precious Pills for Emotions and Emotional Pain (6:08)
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Session Five

Dealing with Physical Illness and Pain (6:27)
Hosting Your Physical Condition (9:07)
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Practice Instructions for Dealing with Physical Illness and Pain (15:59)
Guided Meditation - Physical Illness and Pain (15:27)
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Session Six

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Guided Meditation - Inner Refuge (22:45)
Guided Meditation - Downloadable Audio File (MP3)
Looking Back - Workshop Review (6:28)
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Concluding Words (1:16)