



GlideWing Online Workshops

The Healing Power of Sacred Sleep With Geshe Tenzin Wangyal Rinpoche

A GlideWing Productions online workshop

Course Syllabus

Introduction

Welcome and Introduction
Sleep Deficits
REM vs Deep Sleep
Effects of Lack of Sleep
The Tibetan Perspective
Proper Sleep Environment
Formal and Informal Practices
Conclusion

Session One

Welcome to Session One!
Dzogchen Principles
Three Levels of Erroneous Perception
Approaches to Sleep Problems
Breathing Exercise
Guided Formal Practice
Guided Formal Practice (Downloadable Audio File)

Session Two

The Mechanics of Insomnia
Calm Abiding /
The Healing Power of Sacred Sleep
Introduction to Three Precious Pills
Formal and Informal Practice Suggestions
Formal Practice for Three Precious Pills
Formal Practice for Three Precious Pills (Downloadable Audio File)

Session Three

Obstacles to Sacred Sleep
A Door for Peace

Informal Practice for Anxiety
Formal Practice for Anxiety
Formal Practice for Anxiety (Downloadable Audio File)

Session Four

Introduction to Inner Refuge
Falling Asleep in Inner Refuge
Informal Practice for Inner Refuge
Formal Practice Instructions for Inner Refuge
Guided Meditation with Inner Refuge
Guided Meditation with Inner Refuge (Downloadable Audio File)

Session Five

Sources of Physical Tension
Solutions for Physical Sources of Insomnia
The Tibetan Perspective
Informal Practice for Releasing Tension
Formal Practice for Releasing Tension
Formal Practice for Releasing Tension (Downloadable Audio File)

Session Six

The Physical Importance of Deep Sleep
Setting an Intention for Sleep
Guided Meditation - Setting an Intention
Conclusion - How to Practice After the Workshop
Guided Meditation - Intention (Downloadable Audio File)