

**Tibetan Sound Healing:  
The Five Sacred Warrior Seed Syllables  
With Geshe Tenzin Wangyal Rinpoche**

A GlideWing Productions Online Workshop  
Course Syllabus

**Introduction**

Welcome  
Please tell us about your previous experience Questionnaire  
Introduction to Sound Healing  
Structure of the Workshop  
Setting up a Practice Area  
About your practice

**Fundamentals: Preparing to Work with the Sacred Sounds**

Introduction to the Sacred Syllables  
Using sound to clear negative emotions  
Choosing the area of transformation in your life  
The Five-Point Posture  
Preparing to work with the Sacred Sounds - Part 1  
Preparing to work with the Sacred Sounds - Part 2  
Spontaneous positive and negative actions  
The Crown and Third Eye Chakra in Tibetan Bön tradition  
Chakras and Energy Channels  
The deeper causes of problems which manifest in our lives  
The importance of allowing the experience to happen

**Awareness of Space and Pranic Breathing**

Cultivating awareness and resting in the Space  
The Tibetan Practice of Pranic Breathing  
Practicing Pranic Breathing  
Being Aware of your Breath in Every Day Life

**The First Syllable - A  
Tibetan Sacred Syllable A**

Presenting the Syllable A - Part 1  
Presenting the Syllable A - Part 2  
Focusing on the crown (and forehead) chakra when working with the Syllable A  
Practice Instructions  
Practice Demonstration - A  
Singing Practice - A  
Singing Practice - A: Downloadable Audio file (MP3)

**The Second Syllable - OM  
Sacred Syllable OM**

Presenting the Syllable OM - Part 1

Presenting the Syllable OM - Part 2  
Practice Demonstration - OM  
Singing Practice - OM  
Singing Practice - OM: Downloadable Audio file (MP3)

**The Third Syllable - HUNG**  
**Tibetan Sacred Syllable HUNG**

Presenting the Syllable HUNG - Part 1  
Presenting the Syllable HUNG - Part 2  
Practice Demonstration - Hung  
Singing Practice - Hung  
Singing Practice - Hung: Downloadable Audio file (MP3)

**The Fourth Syllable - RAM**  
**Tibetan Sacred Syllable RAM**

Presenting the Syllable Ram  
Practice Demonstration - Ram  
Singing Practice - Ram  
Singing Practice - Ram: Downloadable Audio file (MP3)

**The Fifth Syllable - DZA**  
**Tibetan Sacred Syllable DZA**

Presenting the Syllable Dza - Part 1  
Presenting the Syllable Dza - Part 2  
Practice Demonstration - Dza  
Singing Practice - Dza  
Singing Practice - Dza: Downloadable Audio file (MP3)

**Practice - Bringing it all together**  
**The Tibetan Sacred Syllables**

The Five Warrior Syllables - Combined Practice  
Practice Demonstration - All Five Syllables  
Singing Practice - All Five Syllables  
Singing Practice - Five Syllables: Downloadable Audio file (MP3)