

**The Truth That Sets You Free:
Discovering Your Inner Wisdom Through Practices of Waking and Sleeping
With Geshe Tenzin Wangyal Rinpoche**

A GlideWing Productions online workshop

Course Syllabus

Introduction

About This Workshop
Getting the Most Out of this Workshop
Self-Realization Through Stillness, Silence and Spaciousness
The Five-Point Posture
The Workshop Forums

Session One

Is Freedom in Life Possible?
Why do we feel trapped, constrained and worried?
Collective Identity
Stillness of the Body
Connecting with Inner Stillness
The Practice of Stillness - Guided Meditation
The Practice of Stillness (Downloadable Audio File)
Formal and Informal Practices for Stillness

Session Two

Observing Pain Speech
Pain Speech at the Collective Level
The Significance of Inner Silence
Silence as the Door to Infinite Awareness
Explanation of the Practice of Silence
Outer Noise and Inner Silence
Accessing Inner Wisdom Through Silence
The Practice of Silence - Guided Meditation
The Practice of Silence (Downloadable Audio File)
Formal and Informal Practices for Silence

Session Three

Your Thoughts and the Pain Mind
Recognizing Your Pain Mind
Discovering Spaciousness
Explanation of the Practice of Spaciousness
The Practice of Spaciousness - Guided Meditation
The Practice of Spaciousness (Downloadable Audio File)
Formal and Informal Practices for Spaciousness

Session Four

Realizing Oneself as Limitless Spacious Awareness
Benefits of the State of Spacious Awareness
How to Enter Inner Refuge
The Practice of Limitless Spacious Awareness - Guided Meditation
The Practice of Limitless Spacious Awareness (Downloadable Audio File)
Formal and Informal Practices for Limitless Spacious Awareness

Session Five

Spacious Awareness in Waking Life and in Sleep
Benefits of the Night Practice
Preparing for Sleep
How Do I Know if the Practice is Successful
Explanation of the Sleep Yoga Practice
The Practice of Sleep Yoga - Guided Meditation
The Practice of Sleep Yoga (Downloadable Audio File)
Formal and Informal Practices for Sleep Yoga

Session Six

Freedom From Pain, Negativity and Suffering, Part One
Freedom From Pain, Negativity and Suffering, Part Two
Ultimate Liberation Through Spacious Awareness
Integrating Spacious Awareness Into Your Life