



# GlideWing Online Workshops

## **Who Am I?**

### **The Journey to Self-Realization**

#### **With Geshe Tenzin Wangyal Rinpoche**

A GlideWing Productions online workshop

## **Course Syllabus**

### **Introduction**

Hello and Welcome!  
About This Workshop  
The Practices in This Workshop  
The Body  
The Breath  
The Mind  
Formal Practice Advice

### **Session One**

Our Many Identities  
Why All Identities Are Pain Identities  
How the Impermanence of Identities Causes Suffering  
Recognizing Who You Are Not  
Self-Realization Is the Path to Ultimate Liberation  
Guided Formal Practice  
Guided Formal Practice (downloadable audio file)  
Informal Practice

### **Session Two**

Who Am I?  
The Nature of Mind  
What Changes with Self-Realization?  
Effort and Judgement  
When Negative Emotions Arise  
Who Am I? Verse 1  
Who Am I? Verse 2  
Ornaments of the Empty Mind  
Guided Formal Practice  
Guided Formal Practice (downloadable audio file)  
Informal Practice

### **Session Three**

Who Am I? Verse 3  
Removing Barriers and Self-Limitations  
Who Am I? Verse 4  
Guided Formal Practice  
Guided Formal Practice (downloadable audio file)  
Informal Practice

### **Session Four**

Who Am I? Verse 5  
Who Am I? Verses 6 and 7  
The Journey of a Lifetime  
Suggestions for your Practice  
Guided Formal Practice  
Guided Formal Practice (downloadable audio file)  
Informal Practice  
Thank you and Farewell