

TENZIN WANGYAL YOUTUBE VIDEO RESOURCES

UNIFICATION OF THE THREE SPACES

[Unification of the three spaces part 1/3](#)

[Unification of the three spaces part 2/3](#)

[Unification of the three spaces part 3/3](#)

FIVEFOLD TEACHINGS OF DAWA GYALTSSEN

[Fivefold teachings of Dawa Gyaltsen, Part 1/8, Introduction](#)

[Fivefold teachings of Dawa Gyaltsen, Part 2/8, Introduction 2](#)

[Fivefold teachings of Dawa Gyaltsen, Part 3/8, Vision is Mind](#)

[Fivefold teachings of Dawa Gyaltsen, Part 4/8, Mind is Empty](#)

[Fivefold teachings of Dawa Gyaltsen, Part 5/8, Emptiness is Clear Light](#)

[Fivefold teachings of Dawa Gyaltsen, Part 6/8, Clear Light is Union](#)

[Fivefold teachings of Dawa Gyaltsen, Part 7/8, Union is Great Bliss](#)

[Fivefold teachings of Dawa Gyaltsen, Part 8/8, Conclusion](#)

TIBETAN SOUND HEALING

[Tibetan Sound Healing part 1/5, Introduction](#)

[Tibetan Sound Healing part 2/5, A](#)

[Tibetan Sound Healing part 3/5, OM](#)

[Tibetan Sound Healing part 4/5, HUNG](#)

[Tibetan Sound Healing part 5/5, RAM](#)

[Tibetan Sound Healing part 6/6, DZA](#)

[Tibetan Sound Healing part 7/7, Conclusion](#)

[Teaser for Tibetan Sound Healing Online Workshop, Changing your Life Through Sound](#)

[Teaser for Tibetan Sound Healing Online Workshop](#)

DREAM YOGA

[Teaser for Dream Yoga Online Workshop](#)

[Dream Yoga](#)

AWAKENING THE SECRET BODY

[Awakening the sacred body \(Tibetan Yogas of Breath and Movement\), Introduction of book/dvd](#)
[Awakening the sacred body \(Tibetan Yogas of Breath and Movement\), Teaser Online Workshop](#)

LONG VIDEOS

[The five elements, guided meditation practice](#)

Tenzin Wangyal Rinpoche guides a simple meditation practice that can help you to connect intimately with the five natural elements of earth, water, fire, air and space. This webcast was broadcast live from Ligmincha Institute's Serenity Ridge Retreat Center in the mountains of central Virginia, at the close of Tenzin Rinpoche's October 2011 retreat "Connecting With the Living Universe."

[Discovering your Creative Potential](#)

During this recorded live Webcast Tenzin Wangyal Rinpoche explains how to broaden the search for solutions and cultivate a sense of confidence and completeness, toward unleashing your creativity and achieving the goals of your dreams.

[Nourishing your Inner Being](#)

Tenzin Wangyal Rinpoche teaches and guides a meditation practice that helps one to cultivate a profound level of inner peace, joy, and confidence through connecting with stillness, silence, and spaciousness. This is a recorded live Webcast of a free public talk offered in partnership with Unity Church, Charlottesville, Virginia.

[Tenzin Wangyal at Wanderlust Festival, about Awakening the Luminous mind](#)

[Awakening the luminous mind](#)

teaching on the practice of "Inner Refuge"

[Interview, Brazil](#)

Video index, klik op de tijd voor een link:

His personal story 1:11
About his parents and master 3:54
His relationship with Dali Lama 5:16
Travelling through the world teaching Dharma 7:14
The importance of Buddhism nowadays 8:54
What means to be a buddhist today 10:20
About Bön tradition 11:56
About current problems of humanity today 13:27
Is it a moment for action? 15:35
Dreaming Yoga 17:47
Healing with form, energy and light 21:14
Changing 63 points in your life 27:12
Final message 30:56

VARIOUS

[Inner Refuge and Bardo Prayers](#)

Tenzin Wangyal Rinpoche sings the Inner Refuge Prayer and Bardo Prayer during his teachings on "Living With Joy, Dying in Peace," Berlin, Germany, May 6, 2012

[Trul Khor, Tibetan Yoga](#)

The nine breathings of purification and tsa lung/trul khor exercises from the ancient Tibetan Bon Buddhist tradition, performed by Tenzin Wangyal Rinpoche

[How to assist with a loved one's death](#)

[Great Bliss through Pure Awareness, Teaser Online Workshop](#)

[Message for the 2013 and a Dzogchen meditation](#)

Words of wisdom from Tenzin Wangyal Rinpoche, who gives practical advice about dealing with negative thoughts, emotions and addictions. This video concludes with a powerful guided meditation from the Dzogchen tradition.