

With greatest pleasure we invite you to the Dzogchen Community Yeselling:

TENZIN WANGYAL RINPOCHE

will give a talk on

THE FIVE ELEMENTS

MAY 19TH, 2022: 6.30pm – 8.30pm

In the shamanic worldview of Tibet, the five elements of earth, water, fire, air, and space are accessed through the raw powers of nature and through non-physical beings associated with the natural world. The Tibetan tantric view recognizes the elements as five kinds of energy in the body and balances them with a program of yogic movements, breathing exercises, and visualizations. In Dzogchen teachings, the elements are understood to be the radiance of being and are accessed through pure awareness.

After many years, Tenzin Wangyal will visit Styria again to spread the authentic wisdom of the unique culture on Tibet. He is a renowned lama in the Bön tradition, presently residing in USA. Tenzin Wangyal has a very strong connection to the International Dzogchen-Community and to our master Chögyal Namkhai Norbu whom he followed for several years in Merigar, Italy.



Tenzin Wangyal during one of his last teachings in Styria, 1998

We invite you to come to Yeselling in East Styria and to participate in this very rare opportunity to meet Tenzin Wangyal. You can also participate via Zoom. Translations into Czech, German, Italian, Portuguese, Russian and Spanish will be available.

The Zoom link will be sent upon registration.

This talk is organized in cooperation with the *International Dzogchen-Community Yeselling*, the *International Atiyoga Foundation* and the *International Buddha University*.

Hope to see you soon in Yeselling or online!

Best wishes,

Oliver Leick

Blue Gakyil of the DC Yeselling and vice-president of Atiyoga Foundation