

Seven Guided Practices  
to Clear Obstacles,  
Cultivate Positive  
Qualities, and Uncover  
Your Inherent Wisdom

# TIBETAN SOUND HEALING

Tenzin Wangyal Rinpoche

# Resumo de Tibetan Sound Healing: Seven Guided Practices to Clear Obstacles, Cultivate Positive Qualities, and Uncover Your Inherent Wisdom [With CD (Audio)]

"It is my sincere desire that this simple and elegant practice of the Five Warrior Syllables, which is based on the highest teachings of the Tibetan Bon Buddhist tradition of which I am a lineage holder, will benefit many beings in the West.

Please receive it with my blessing, and bring it into your life. Let it support you to become kind and strong and clear and awake." Tenzin Wangyal Rinpoche One of the world's oldest unbroken spiritual traditions is the Bon Buddhist tradition of Tibet.

This wisdom path has survived, thanks to the efforts of a handful of dedicated lamas such as Bon lineage holder Tenzin Wangyal Rinpoche. Now, with "Tibetan Sound Healing, " you can connect to the ancient sacred sounds of the Bon practice and through them, activate the healing potential of your natural mind. The Bon healing tradition invokes the Five Warrior Syllables "seed" sounds that bring us to the essential nature of mind and release the boundless creativity and positive qualities that are fundamental to it.

Through the medicine of sound, you can clear obstacles in your body, your energy and emotions, and the subtle sacred dimensions of your being. In this integrated book-and-CD learning program, Tenzin Wangyal Rinpoche gives you the tools to access wisdom and compassion and use the vibration of sacred sound to cultivate the healing power within your body's subtle channels. The spiritual heritage of the Bon is rich with methods to guide all beings on the path to liberation.

With "Tibetan Sound Healing, " you are invited to learn from a master of

this ancient lineage and discover the power of sacred sound to purify your body, connect with your inherent perfection and completeness, and awaken spiritual virtue."

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