



# Tibetan Sound Healing

By Tenzin Wangyal Rinpoche

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## Tibetan Sound Healing By Tenzin Wangyal Rinpoche

*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 Bön 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 Bön Buddhist tradition of Tibet. This wisdom path has survived, thanks to the efforts of a handful of dedicated lamas such as Bön lineage holder Tenzin Wangyal Rinpoche. Now, with *Tibetan Sound Healing*, you can connect to the ancient sacred sounds of the Bön practice—and through them, activate the healing potential of your natural mind.

The Bön 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 of 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 Bön 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.

**NOTE:** The ebook does not contain the spoken-word audio component included in the original printed edition.

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### Editorial Review

#### About the Author

Tenzin Wangyal Rinpoche is the founder and resident teacher of Ligmincha Institute in Virginia, and was one of the first lamas to bring the Bn Dzogchen teachings to the West. He lived and studied with Tibetan masters of Bn Buddhism from the age of thirteen until completing an eleven-year course of traditional studies at the Bnpo Monastic Center, Dolanji, Himachal Pradesh, India. Rinpoche is the author of several books, including *Healing with Form, Energy, and Light: The Five Elements in Tibetan Shamanism, Tantra, and Dzogchen* and *Awakening the Sacred Body*.

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Why don't make it to become your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite publication and reading a guide. Beside you can solve your condition; you can add your knowledge by the book entitled *Tibetan Sound Healing*. Try to the actual book *Tibetan Sound Healing* as your good friend. It means that it can to become your friend when you feel alone and beside regarding course make you smarter than in the past. Yeah, it is very fortunated in your case. The book makes you a lot more confidence because you can know everything by the book. So , we should make new experience in addition to knowledge with this book.

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