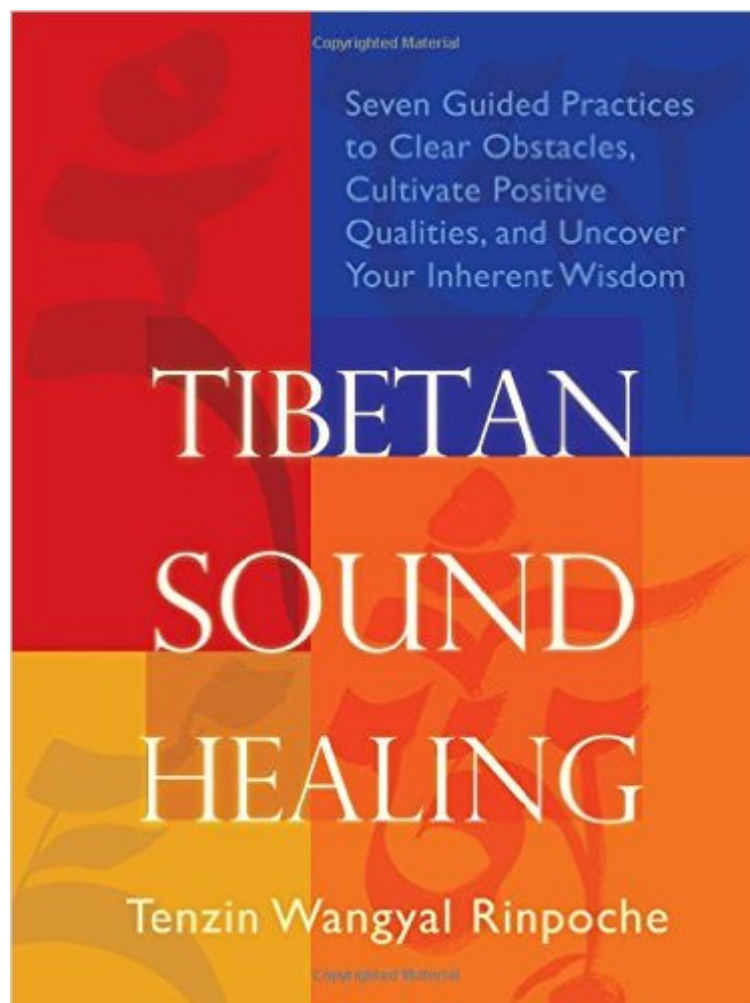


The book was found

Tibetan Sound Healing: Seven Guided Practices To Clear Obstacles, Cultivate Positive Qualities, And Uncover Your Inherent Wisdom



Synopsis

"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 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 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.

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Customer Reviews

Since I bought this item I have used it often for meditation and found it extremely helpful. It is easy to follow, it shuts off the thinking mind and there is a refreshed feeling afterwards. I had several friends listen to the CD and they were delighted with it. They have now decided to get it and to use it as their main meditation method. When I bought it even though I have meditated for years I knew nothing about the chakras. This gives one an experiential understanding of the chakras and helps one to open oneself up to the special experience. I absolutely recommend it for the beginner or the advanced meditation student.

Tenzin Wangyal Rinpoche invites the reader into the realm of sound healing in the Tibetan Bon Buddhist tradition via the Five Warrior Syllables and the Tsa Lung Exercises. The combination of text and CD meditations aid the reader, especially one new to sound healing, to readily duplicate the sacred sounds while visualizing the intended effects of the sounds. The sounding of the Five Warrior Syllables in conjunction with their accompanying meditations aims straight at one's inner core and energetic channels. Their use clears mental, emotional and physical blockages and opens the energetic channels. As a result, one's true inner nature reveals itself and at the same time impacts the world at large. These Tibetan Bon seed syllables are powerful but simple tools to include in an ongoing sound healing practice or for introducing beginners to the healing benefits of incorporating sound into their daily life.

One can use the "Five Warrior Syllable" sounds and other sound meditation techniques taught in this book-with-CD for healing, to clear internal blocks your life, and to manifest realistic action steps to create change in your life. By doing this daily practice, spiritual life and daily life are not kept separate, but form one transparent circle of doing and being. I am new at practicing this active meditation, using the instructions in the book-and-audio CD (included), supported by my teacher Gabriel Rocco, a senior student of Tenzin Wangyal Rinpoche. I find this daily practice powerful for me in making concrete action changes in the way I live my life, and healing (not curing) my experience with cancer. You do not have to be Buddhist to understand or make use of the valuable sound meditation practice. The author is a teacher in the Bon tradition of Buddhism, with a Center near Charlottesville, Virginia. They offer teaching workshops.

This is a great book and CD! Without the CD, one might be in lost of proper sounding each 5 words, and without the book one still be in lost. Both together, one will have great understand and wisdom

of knowing. This is an excellent book/cd for beginners and for those who want to heal. I find this book very educational and enlightening. The CD itself fills the room with good vibes and peace and joy, without humming the 5 words. You will pick these healing sounds of each word with no problem. Though the "DZA" may take some use too, but it is not really difficult. The "D" sound is quick and short, like you don't hear the "d" sound, and more of a z sound. It's very quick. Though I was searching for a book that has a bunch of different sounds for different chakras, and so forth. This book still was very helpful. Even if just knowing these 5 words, will give you a good idea of other sounds of your own you can try. Direct these vibes both front and back for best clearing all blockages orbiting around the body. Experiment with the body when sounding to, you can feel the vibes in legs and arms too.

This book and accompanying CD are excellent.- The author's voice is very soothing (I have a number of meditation CDs that I can't listen to because the author's tone is grating).- The sound meditations are very powerful and easy to do. Note that it's more helpful to chant/sing along, but you can listen and still receive some benefit (in my opinion anyways).- This CD is very similar to Wayne Dyer's Meditations for Manifesting. If you like Tibetan Sound Healing you may wish to check out Dr. Dyer's.- When I think of healing CDs, I usually think of physical healing and the usual imagery/affirmations. Note that this CD is more general. You can choose something physical to meditate on or something like emotional pain, or other non-physical issues, relationship problems, etc. I'll close by saying that Rinpoche nailed me in the first chapter. I'm a dabbler. I like to read about meditation, yoga, tai chi, qigong, etc, but never actually practice any of them. He comments on this directly and after reading the first chapter I felt that this was something special.

This beautifully illustrated book contains a CD that guides reader through a simple 30 minute meditation practice. The meditation incorporates chanting the five sacred Tibetan sounds combined with visualisation. It is easy to do and the effect is a clear mind and a joyful soul. I highly recommend this book for those who want to experience the benefits of regular meditation.

having practiced the methods in this book for some time it is fantastic to finally have the support here with me to use anywhere any time. I highly recommend doing the practices in this book.

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Meditations and

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