



Healing with Form, Energy and Light: Healing with Form, Energy and Light

By Tenzin Wangyal Rinpoche

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2006. Softcover. Book Condition: New. Healing with Form, Energy and Light offers the reader healing meditations and yogic practices on each of these levels. Tenzin Rinpoche's purpose in this book is to strengthen our connection to the sacred aspect of the natural world and to present a guide that explains why certain practices are necessary and in what situations they are effective. This is a manual for replacing an anxious, narrow, uncomfortable identity with one that is expansive, peaceful, and capable. And the world, too, is transformed from dead matter and blind processes into a sacred landscape filled with an infinite variety of living forces and beings. Printed Pages: 176.



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