



Tibetan sound healing : seven guided practices to clear obstacles, cultivate positive qualities, and uncover your inherent wisdom /

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Sounds True,
2011

Compact discs

Books with discs

Nonfiction

Monografía

Teaches the practice of Tibetan sound healing

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMzgwMzE3MjE>

Título: Tibetan sound healing seven guided practices to clear obstacles, cultivate positive qualities, and uncover your inherent wisdom Tenzin Wangyal Rinpoche

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Descripción física: 1 online resource (100 pages)

Nota general: Accompanying CD guides you in the use of each of the Five Warrior Syllables, then teaches key practices to harness the medicine of these sacred sounds for purification, vitality, and awakening your natural mind

Contenido: The first syllable : A -- The second syllable : OM -- The third syllable : HUNG -- The fourth syllable : RAM -- The fifth syllable : DZA -- Establishing a daily practice -- Appendix : clearing obstacles with the tsa lung exercises

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Materia: Meditation- Bon (Tibetan religion) Medicine, Tibetan Spiritual healing Sound Méditation- Bön (Religion tibétaine) Médecine tibétaine Guérison par la foi Medicine, Tibetan. Meditation- Bon (Tibetan religion) Sound. Spiritual healing.

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