

Download The Tibetan Book Of Meditation

Traditional Tibetan culture nourished a deep and powerful integration of spiritual and practical understanding, respecting both of these aspects of human nature and their potential for supporting health and healing. In 1927, Walter Evans-Wentz published his translation of an obscure Tibetan Nyingma text and called it the Tibetan Book of the Dead. Popular Tibetan teacher Sogyal Rinpoche has transformed that ancient text, conveying a perennial philosophy that is at once religious, scientific, and practical. I thought this was an excellent book. First of all, I enjoyed learning a little bit about Tibetan culture and history. But the story was absolutely phenomenal that the author not only cured himself of gangrene but he was able to "reconstruct" the ankle bone. Tibetan Buddhism is the form of Buddhist doctrine and institutions named after the lands of Tibet, but also found in the regions surrounding the Himalayas and much of Central Asia.