



The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life

By Tenzin Wangyal Rinpoche

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life, Tenzin Wangyal Rinpoche, Recall a moment in your life when you felt complete, satisfied, fully alive, at home in yourself. Imagine that it is not only possible for you to feel that way now and then, but most of the time. This is what soul retrieval practice offers. The wisdom of Tibetan Bon Buddhism, one of the world's richest and most ancient unbroken spiritual traditions, offers powerful soul retrieval practices and rituals. In his new book, author and teacher Tenzin Wangyal Rinpoche brings out the most essential elements of these teachings, presenting them in a way that is simple, clear and fresh. The practices of soul retrieval have the power to help us to reconnect with nature, with ourselves and with the people around us. Through the practices of connecting with the elements of earth, water, fire, air and space, we have the potential to transform everything in our lives: to find joy, re-energise relationships, feel more connected and productive at work, dissolve physical pain and bring more happiness and wellbeing to...



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