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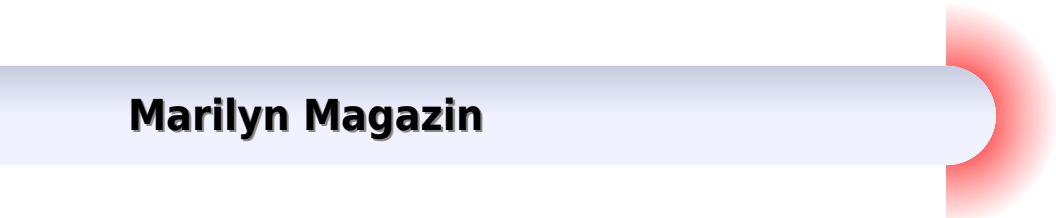


*containing the teachings of
the great masters of Tibet*

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Marilyn Magazin



Tibetan Wisdom Of Western Lifetr:

The Critic ,1892 **On Cassette** ,1991 **Words on Cassette** ,1992 *International Books in Print* ,1986 *The Tibetan Art of Living* Christopher Hansard,2003-06-18 This is the first book to introduce the principles and techniques of Tibetan Bon medicine one of the oldest and most sophisticated systems of healing to an American audience Hansard explains the principles of Tibetan Bon medicine which emphasize the interrelationship of physical mental and spiritual health

Inner Peace - Global Impact Kathryn Goldman Schuyler,2012-11-01 INNER PEACE GLOBAL IMPACT describes underlying principles of Tibetan wisdom traditions relevant for successful leadership in the 21st century as well as Tibetan teachers whose entrepreneurial actions were critical to the development of Tibetan Buddhism in the West With first person narratives personal stories scholarly research and commentaries by noted social scientists this book is written for everyone who wants ideas to revitalize leadership It is rich with vivid pictures of deep personal experience Long time Western Tibetan Buddhist practitioners describe how their practice has influenced them in fields as diverse as scientific research social work art dance and university teaching The Dalai Lama is seen through the eyes of his long time friend eminent author Huston Smith as well as through the experiences of Thupten Jinpa his 25 year English translator Sogyal Rinpoche shares his vision for transforming traditional ways of studying while Lama Tharchin Rinpoche a 10th generation Tibetan yogi reflects on the challenges of teaching in a Western culture where perspectives differ so vastly from those of Tibet With insights from Tibetan lamas and Western thought leaders including Peter Senge Bill George and Margaret Wheatley this book creates new visions for leadership and the workplace Perfection of Wisdom Gelek Rimpoche,2006-10-17 Perfection of Wisdom The mantra of wisdom from the Heart Sutra TAYATHA OM GATE GATE PARAGATE PARASAMGATE BODHI SVAHA has a direct and an indirect meaning That is the subject of the first part of the transcript The second part elaborates on the five paths of the mahayana that lead to buddhahood Ancient Wisdom for Westerners Marilyn Magazin,2022-04-07 A clear and concise introduction into the ancient and profound tradition of Tibetan Medicine The holistic system of Tibetan medicine has proven over centuries to be extremely effective and complementary to modern Western medicine especially for chronic diseases One of the most striking differences between modern Western medicine and Tibetan medicine is how Tibetan medicine looks at health and disease from the energetic point of view as well from an anatomic and physiological one Tibetan medicine thus provides the answers to many questions about the human body and disease that can not be explained in terms of modern medical teachings Ancient Wisdom for Westerners explores the origins of Tibetan medicine and outlines Tibetan Buddhist terms It offers explanations to the primary causes and conditions that give rise to sickness how to avoid and treat them and how to prevent them from reoccurring It explains how the three subtle energies of Tibetan medicine are responsible for all bodily functions and gives examples of how nutrition and behaviour are conducive to good health It also details accurate diagnostic methods some of which are particularly useful for babies and small children *Theos Bernard, the White Lama*

Paul G. Hackett,2012-05-01 The life and adventures of an American explorer and iconic figure in the 20th century religious counterculture movement In 1937 Theos Casimir Bernard the self proclaimed White Lama became the third American in history to reach Lhasa the capital city of Tibet During his stay he amassed the largest collection of Tibetan texts art and artifacts in the Western hemisphere at that time He also documented in both still photography and 16mm film the age old civilization of Tibet on the eve of its destruction by Chinese Communists Based on thousands of primary sources and rare archival materials this is the real story behind the purported adventures of Bernard and his role in the growth of America s religious counterculture Over the course of his brief life Bernard met associated and corresponded with the major social political and cultural leaders of his day from the Regent and high politicians of Tibet to saints scholars and diplomats of British India from Charles Lindbergh and Franklin Delano Roosevelt to Gandhi and Nehru Although hailed as a brilliant pioneer by the media Bernard also had his flaws He was an entrepreneur propelled by grandiose schemes a handsome man who shamelessly used his looks to bounce from rich wife to rich wife in support of his activities and a master manipulator who concocted his own interpretation of Eastern wisdom to suit his ends Bernard had a bright future before him but disappeared in India during the communal violence of the 1947 Partition never to be seen again Well written A readable intellectual account of the life of an ambitious Tibetological pioneer Asian Ethnology **Tibetan Wisdom for Modern Life**

Joseph Arpaia,Lobsang Rapgay,2003-01-01 Amazing physical and mental results can be produced in your life by practicing the techniques revealed in Tibetan Wisdom for Modern life The authors describe quick and simple meditation techniques designed to address the everyday aspects of modern life The text shows the reader how to apply these techniques to improve spirituality relationships performance and health in just fifteen minutes per day The reader will follow Brian and Maria Two students through a meditative journey beginning with their initial meditation class and ending with their successes in the various applications

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