



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

Tenzin Wangyal Rinpoche

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“Recall a moment in your life when you felt complete, satisfied, fully alive, at home in yourself. Imagine that it is possible for you to feel that way not only now and then but most of the time.”

In *The True Source of Healing*, meditation teacher Tenzin Wangyal introduces powerful practices to help you connect deeply with your authentic nature and heal your soul, so you can lead a more joyful and fulfilling life. Drawing on traditional soul-retrieval teachings of Tibetan Bön Buddhism, Tenzin Wangyal offers practical guidance for overcoming feelings of disconnection and dissatisfaction, and reawakening your inherent creativity, playfulness, and sense of ease. Done daily, these transformative practices can help you:

- Overcome difficult life challenges
- Clear negative emotions and cultivate positive qualities
- Revitalize your personal and professional relationships
- Feel more engaged and productive at work
- Experience healing on all levels—physical, emotional, energetic
- Bring happiness and well-being to others

Using the meditations and informal practices in the book, you’ll learn how to tap into the healing power of nature as well as your own capacity for self-healing.

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From reader reviews:

Carlos Quirk:

Spent a free time to be fun activity to try and do! A lot of people spent their sparetime with their family, or their particular friends. Usually they carrying out activity like watching television, likely to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your own personal free time/ holiday? Can be reading a book might be option to fill your free time/ holiday. The first thing you will ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the e-book untitled The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life can be good book to read. May be it is usually best activity to you.

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