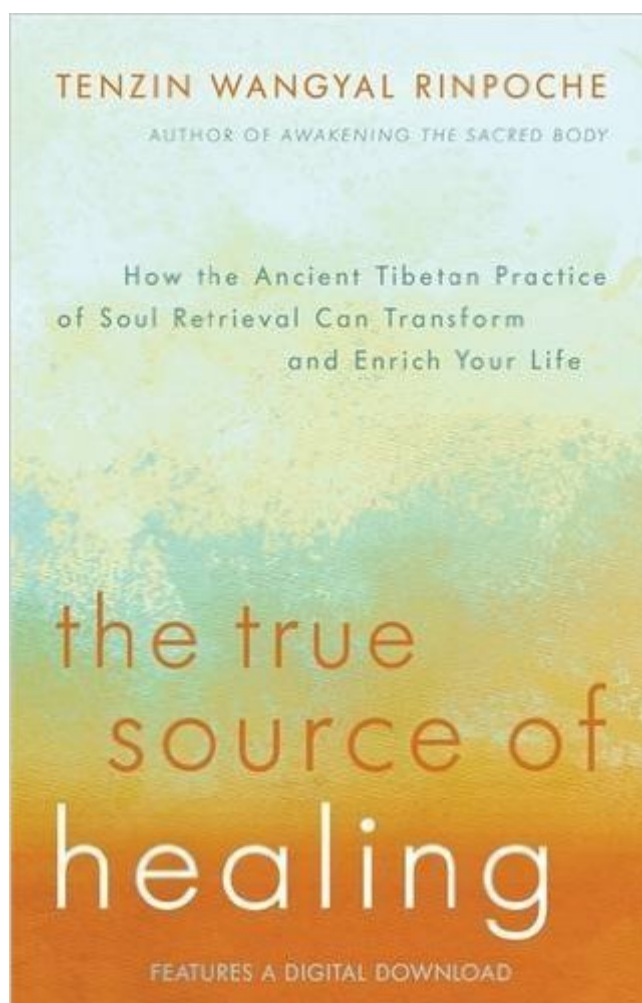


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The True Source Of Healing: How The Ancient Tibetan Practice Of Soul Retrieval Can Transform And Enrich Your Life



Synopsis

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 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.

Book Information

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Customer Reviews

I love this book. The material is presented simply and clearly with examples that people in the West can relate to. This is the basis of his free online course which is still in process and available through Ligmincha Institute. They are very technologically adept and many of his teachings are available on YouTube.

The basic premise of this book is that our souls are made up of five elements (earth, water, fire, air, and space), and these elements need to be balanced if we want to be healed, whole people. In more practical terms, being balanced in earth means you feel grounded and connected, being balanced in water means you feel comfortable and fluid, being balanced in fire means you feel joy and inspiration, being balanced in air means you are flexible, and being balanced in space means you are open and accommodating. If you are out of balance in any one element, you are out of balance in all elements. But if you balance that one element, it may bring into balance all of the others. You can become unbalanced for many different reasons: unhealed trauma, war, the sudden death of a loved one, or sometimes you just gradually become unbalanced from the accumulated stress of everyday life. The important thing is that you actually notice--because once you know you are "off," then you can begin to change it. But Rinpoche warns about trying to "think" your way out of your problems. Instead, he advocates a different kind of approach--one that focuses on stillness, silence, and spaciousness. In order to heal yourself, Rinpoche suggests acting like a gracious host to negative emotions and painful experiences. He says, "Allow your guests [your pain and negative thoughts] to come as they are, stay as long as they wish, leave when they're ready, and even return...Allow the pain to freely arise, abide, and dissolve." "Stillness, silence, and spaciousness" is a theme repeated many times over in this book. Actually, a lot of this book is repetition. Normally that would irk me, but not here. The book becomes a meditation in and of itself and helps reinforce soothing ideas. And because those main ideas are repeated again and again, I finished reading the book and felt like I genuinely understood how to help myself. I've been embracing the painful feelings I've been holding on to; I've been trying to accept them and then let them go. Instead of dwelling on negativity or trying to "figure out my mood," I've been shifting my attention and focus to (what else?) still, silent space. And, amazingly, it has actually been working for me. (FYI, I found the guided meditations in Chapters 5 and 6 ["Finding the Friend Within" and "Nourishing Your Inner Being"] to be especially helpful.) Ultimately, I really connected with *The True Source of Healing*. Maybe I am just in a place that needed to hear Rinpoche's message, but his words spoke to me. Maybe not everyone will respond to this book the way I have, but it is such a short, quick read--it really doesn't require a huge time investment. And, who knows, maybe it will help you find a little peace.

I read Tenzin Wangyal Rinpoche's books *The Tibetan Yogas of Dream and Sleep*, and *Wonders of the Natural Mind: The Essence of Dzogchen in the Native Bon Tradition of Tibet*, back when they

were published, in 1998 and 2000 respectively. They were excellent books that I recommended to many friends and customers (back then I operated a bookstore that specialized in books on spirituality and depth psychology, etc.), and I was thrilled to see Tenzin Wangyal's name on the cover of this book when I was offered a copy to review. *The True Source of Healing* is a relatively short read at about 140 pages, and it's one of the most accessible and reader-friendly books on the type of subject matter it addresses I've seen. No prior knowledge about Buddhism in general or Tibetan Buddhism or the notion of "soul retrieval" is necessary, and readers aren't asked to uncritically accept any esoteric claims. Instead, this book consists of wise, gentle, practical advice and information, the usefulness of which readers can assess for themselves via simple practices and exercises. Included with this book is access to "bonus content" in the form of audio content which can be retrieved at Hay House (instructions for doing this are in the book and you have to create a free account at Hay House to access the content). This consists of a zip file that includes three talks in mp3 format including a guided meditation, all narrated by Tenzin Wangyal, titled, "Introduction to Soul Retrieval Practice," "Formal and Informal Practice," and "Guided Practice." The guided practice runs nearly 30 minutes, and the talks are little over 10 minutes each, and all are deeply relaxing merely by virtue of Tenzin Wangyal's serene, calming voice. This bonus audio content alone is worth the price of the book. Tenzin Wangyal uses the term "soul" in this book to refer to "the balance of the subtle energies and related qualities of the five elements: earth, water, fire, air, and space. ... Our inner experience of these elemental qualities includes a sense of groundedness and connectedness (earth), comfort and fluidity (water), joy and inspiration (fire), flexibility and movement (air), and openness and accommodation (space)." Soul in this sense also refers to our vitality or "life force." The use of the term "soul" in this sense is compatible with the Jungian use of the term, such as Jung himself and the late James Hillman used the term, to refer to what is otherwise called the psyche, and has little if nothing to do with the way the term "soul" was used by the nuns who taught me in the 1950's, to refer to a supernatural essence within each person that continues after bodily death. Soul retrieval in this sense, then, has to do with regaining qualities like groundedness, connectedness, comfort, fluidity, joy, inspiration, flexibility, openness, and vitality. Tenzin Wangyal says, "Soul retrieval involves inner work," and in this book he offers guidance for how to do such inner work as well as suggestions for practical "outer" things we can do to help us in the practice of "soul retrieval," such as spending time in nature. I received a copy of this book a couple of days before traveling about 550 miles by car. By the time I arrived at my destination I was exhausted from the drive and from packing the day and night before, and social activity at my destination kept me up late and got me further exhausted. Inspired by something I saw

in this book, the next morning I looked for nature areas on a map and proceeded to head toward one nearby, on the banks of a river, and there, in the spirit of things I'd seen in this book, I "retrieved my soul" and came away feeling totally enlivened and rejuvenated. There are many such practical and inspirational suggestions in this small book.

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