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Tantric meditation and mantra for healing: Guidelines from the Indo-Tibetan tradition

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Tibet

Aim: Meditation, mantra and chakra work for outer, inner and secret healing: Practical guidelines from the Indo-Tibetan buddhist tantric tradition.

The lineage of healing through spiritual application and yoga is very much alive and well in the Indo-Tibetan tradition. One of the most powerful lineages of this nature descends from the 11th century Indian female mystic Siddharani. It was popularized 3ibet by the great Milarepa, and has been part of the staple spiritual diet of the Dalai and Panchen Lamas.

Biography

Glenn Mullin is the author of thirty books on the culture of Central Asia. He has also participated in the making of a half dozen movies and television specials on Central Asian Buddhism, and co-produced three recordings of Himalayan spiritual music. Glenn originally studied engineering at Mt. Allison University, Canada, but after university travelled to the Himalayas in North India, where he studied Himalayan Buddhist philosophy, meditation, yoga, art and medicine for fifteen years.

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