



Awakening the Sacred Body: Tibetan Yogas of Breath and Movement

By Tenzin Wangyal Rinpoche

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Awakening the Sacred Body brings the ancient art of Tibetan breathing practices to the mainstream. Teacher Tenzin Wangyal Rinpoche outlines the theory and process of two powerful meditations—the Nine Breathings of Purification and the Tsa Lung movements—that can help you change the way you think, feel, and experience the world.

The simple methods presented in *Awakening the Sacred Body* and on the accompanying DVD focus on clearing and opening your energetic centers to allow the natural human qualities of love, compassion, joy, and equanimity to bloom. These practices, which bring the mind and breath together with specific body movements, can help you connect to your inner wisdom and achieve a relaxed yet aware state of mind.

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Editorial Review

Review

*“Tenzin Rinpoche has written an eminently practical, lucid, and inspiring guide to traditional Tibetan body-based meditation practices. These practices are designed to help us let go of the habits of mind that obscure our experience of the spacious awareness and wisdom that is our true nature. **Awakening the Sacred Body** is an excellent resource for new and experienced practitioners alike.”*

— **Sharon Salzberg**, author of *Lovingkindness* and *Faith*

“I feel as if Tenzin Wangyal read my mind and body and then, in his kindness and wisdom, gave me clear, inspiring, accessible methods for integrating them. The insights, inspiration, and practices from this book offer so much support. This should be required reading for all those with an interest in yoga and meditation.”

— **Cyndi Lee**, founder of Om Yoga and author of *Yoga Body, Buddha Mind*

“The wisdom tradition of Bön is yet another jewel from the spiritual treasury of Tibet. The Venerable Tenzin Wangyal polishes and presents it like a master jeweler, making it sparkle, delight, and give benefit. Read this book, work with it in a relaxed way, baby step by baby step, live with it, and your heart will open and your life will be way more fulfilling.”

— **Tenzin Robert Thurman**, Jey Tsong Khapa professor of Buddhist studies, Columbia University; president, Tibet House U.S.; and author of *Why the Dalai Lama Matters*

“Tenzin Wangyal Rinpoche delivers the good news that there isn’t any life situation that doesn’t offer us rich material to work with. He generously offers us ancient methods for synchronizing body, breath, and mind, teachings which are readily applicable to our modern lives. I highly recommend them.”

— **Michael Bernard Beckwith**, author of *Spiritual Liberation*

*“The existence and role of subtle, vital energies in the body known in Tibetan as ‘lung’ remain unknown by modern science, for they are most directly revealed through first-person experience. In his new book, **Awakening the Sacred Body**, Tenzin Wangyal Rinpoche clearly explains various methods for refining and utilizing these energies, or ‘winds,’ to enhance one’s spiritual practice and awaken the body and mind. This is a valuable contribution to bringing the contemplative sciences of Tibet to the modern world.”*

— **B. Alan Wallace**, author of *Mind in the Balance*

About the Author

Tenzin Wangyal Rinpoche is an acclaimed author and highly respected teacher to students around the world. Tenzin Rinpoche is renowned for his depth of wisdom; his clear, engaging teaching style; and his ability to make ancient Tibetan teachings highly accessible and relevant to the lives of Westerners.

Tenzin Rinpoche is the founder and spiritual director of Ligmincha Institute, a non-profit organization dedicated to preserving the ancient teachings, arts, sciences, language, and literature of Tibet and Zhang Zhung. He is the author of *Tibetan Sound Healing*; *The Tibetan Yogas of Dream and Sleep*; *Healing with Form, Energy, and Light*; and *Wonders of the Natural Mind*. Tenzin Rinpoche resides in Charlottesville, VA with his wife and son.

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