



The Tibetan Art of Healing

By Ian A. Baker

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This volume is intended as an artwork in itself and an object of meditation. Based on a revered collection, long considered lost, of Tibetan "thangkas" - elaborate scroll paintings that portray a philosophy of healing based on Buddhist beliefs, Ayurvedic practices and ancient shamanic traditions - these works may still have much to teach us. Created by a traditional artist from Nepal, Romio Shrestha, using the ancient technique of painting with rich minerals such as powdered gold, and lapis lazuli, the works are intended for the minutest contemplation. Divided into sections illuminating the Tibetan Buddhist view of physiology, pathology, diagnosis and cure, the book demonstrates the processes that sustain, enhance and ultimately transform the life-force. It addresses contemporary ills, such as stress, allergies and heart disease, offering practical advice on treatment and prevention. Going beyond cure, a final section introduces more esoteric perspectives on the interaction of body and mind, presenting the body itself as a source of insight and revelation.

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Editorial Review

Review

Tibetan medicine is becoming better known in the Western hemisphere, and this lavishly illustrated volume makes a great contribution to the dissemination of Tibet's medical knowledge. This work features the luminous recreations of traditional medical thangka paintings by the contemporary Nepalese master painter Romi Shrestha. The accompanying text by Ian Baker, who has studies with Hilalayan healers, yogins, and lamas, for fifteen years, unlocks the symbolism of these images for us. -- *Yoga World*

About the Author

Romio Shrestha is a preeminent master of the Tibetan tradition whose works are represented in several important collections internationally. He lives in Nepal and Ireland.

Ian A. Baker has studied extensively with Tibetan lamas, yogis, and physicians. He is coauthor of *Tibet: Reflections from the Wheel of Life* and cofounder of Sukhavati, a Himalayan spa.

Deepak Chopra is the best-selling author of many books, including *Ageless Body, Timeless Mind*.

His Holiness the Dalai Lama Tenzin Gyatso, the fourteenth Dalai Lama, is a Nobel Peace Laureate and political and spiritual leader of the Tibetan people.

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