



Fearless in Tibet: The Life of the Mystic Terton Sogyal

Matteo Pistono

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Nineteenth-century Tibetan mystic Tertön Sogyal was a visionary, whose mastery of meditation led him to be a revered teacher to the Thirteenth Dalai Lama. Known for his deep spiritual insights and service to the nation of Tibet, Tertön Sogyal's ability to harness the power of the mind was born of both his profound understanding of the Buddha's teachings and the unique experiences he had while striving for peace against tremendous odds. His life is an example of courage and diligence appreciated by spiritual practitioners of all traditions; and his practical instructions on meditation and opening one's heart—amid conflict, uncertainty, and change—are as relevant today as they were during his lifetime.

Fearless in Tibet, the first comprehensive work in English on Tertön Sogyal, captures the essence of his teachings, visions, and spiritual realizations, as well as the challenges he faced during his early yogic training and his efforts to promote harmony between Tibet and China.

Combining riveting storytelling and Tertön Sogyal's profound instructions, Matteo Pistono takes you on a journey through a mystical past that reveals practical inner guidance for today's challenges. You will see the power of transforming negativity into opportunity, letting go of attachments, becoming mindfully present, and embracing impermanence. This intricate tapestry of intrigue and spirituality will infuse your path with timeless wisdom and inspiration.



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James Collins:

Spent a free time and energy to be fun activity to perform! A lot of people spent their down time with their family, or their friends. Usually they doing activity like watching television, likely to beach, or picnic within the park. They actually doing ditto every week. Do you feel it? Would you like to something different to fill your own free time/ holiday? Could be reading a book can be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to attempt look for book, may be the reserve untitled Fearless in Tibet: The Life of the Mystic Terton Sogyal can be good book to read. May be it might be best activity to you.

Lorraine Wheat:

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Paul Breen:

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