



# The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life

By Tenzin Wangyal Rinpoche

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“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 Bön 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.

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### Editorial Review

Review

“In a time when we have lost our collective and personal souls, Tenzin Wangyal offers us an unfailing compass to our original, unbroken self. Read this book, and find your way back to health and wholeness!”

— **Alberto Villoldo, Ph.D.**, author of *Shaman, Healer, Sage* and *Mending the Past and Healing the Future with Soul Retrieval*

“Tenzin Wangyal is a generous teacher, an insightful master, and a brilliant translator of timeless wisdom. In *The True Source of Healing*, he demystifies the ancient practice of soul retrieval in a profound, clear, and accessible way that gently leads us to the core of our very being. This journey with Tenzin is a joy, and the results are transformational.”

— **Davidji**, best-selling author of *Secrets of Meditation*

“Tenzin Rinpoche offers an ancient, lineage-based approach to the concept of soul retrieval, and in so doing brings brilliant Tibetan Bön wisdom to the heart of this practice.”

— **Charlie Morley**, author of *Dreams of Awakening*

“What a treasure! Tenzin Wangyal Rinpoche skillfully guides us in ancient practices to retrieve our basic goodness and intelligence. These practices, which we can apply immediately to our fast-paced and stress-filled lives, will revitalize us at the deepest level of our being. *The True Source of Healing* invites us to stillness, silence, and spaciousness, and to joyfully allow the qualities of our basic nature—unbounded awareness and a warm heart—to emerge so that we may be healed.”

—**Matteo Pistono**, author of *Fearless in Tibet* and *In the Shadow of the Buddha*

About the Author

**Tenzin Wangyal Rinpoche** is the founder and spiritual director of Ligmincha International, a worldwide organization dedicated to preserving the ancient Yungdrung Bön teachings and traditions. A highly respected teacher with students throughout the Americas, Europe, and Asia, he leads retreats and workshops worldwide and maintains a full schedule of webcasts and online courses. Noted for his translations of Bön texts, Tenzin Wangyal has also authored seven books in English, including *Awakening the Luminous Mind* and *Awakening the Sacred Body*.

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