



Fearless in Tibet: The Life of Mystic Tertön Sogyal (Paperback)

By Matteo Pistono

Hay House Inc, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book. Tertön Sogyal was a 19th century visionary saint whose mastery of meditation led him to become the revered teacher to the 13th 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 his own profound understanding of the Buddha's teachings while engaging in the world. Tertön Sogyal's life of striving for perfection against great odds is an example of courageous diligence appreciated by spiritual practitioners of all traditions. And his practical instructions on meditation and opening one's heart in devotion are as relevant today as they were during his lifetime. In *Fearless in Tibet*, Matteo Pistono shares Tertön Sogyal's essential teachings and life story; from the challenges Tertön Sogyal faced during his early yogic training, to exploring the mystic's inner world of visions and spiritual revelations, to how he worked to bring peace and harmony in Tibet and China. *Fearless in Tibet* is a journey where the readers will gain their own insight for today's challenges whether that means transforming...



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