



Healing with Form, Energy, and Light: The Five Elements in Tibetan Shamanism, Tantra, and Dzogchen

Tenzin Wangyal Rinpoche

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In the shamanic world-view of Tibet, the five elements of earth, water, fire, air, and space are accessed through the raw powers of nature and through non-physical beings associated with the natural world. In the Tibetan tantric view, the elements are recognized as five kinds of energy in the body and are balanced with a program of yogic movements, breathing exercises, and visualizations. In these Dzogchen teachings, the elements are understood to be the radiance of being and are accessed through pure awareness. Healing with Form, Energy, and Light offers the reader healing meditations and yogic practices on each of these levels. Tenzin Rinpoche's purpose is to strengthen our connection to the sacred aspect of the natural world and to present a guide that explains why certain practices are necessary and in what situations practices are effective or a hindrance. This is a manual for replacing an anxious, narrow, uncomfortable identity with one that is expansive, peaceful, and capable. And the world too is transformed from dead matter and blind processes into a sacred landscape filled with an infinite variety of living forces and beings.

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