



The Tibetan Art of Good Karma

Nida Chenagtsang

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The Tibetan Art of Good Karma describes the spiritual practice of traditional Tibetan Medicine, called Yuthok Nyingthig, used as an all-embracing guide by healers, practitioners, and medical doctors. In this book Dr Nida Chenagtsang describes his profound journey of self-discovery: "Since the time I began the practice of the Yuthok Nyingthig, my normal world changed, my view and philosophy of life was changed forever. I was raised in a spiritual and natural way so this was always part of my being, but the Yuthok Nyingthig completely changed my life in an essential way, touching the very core of my being, enhancing wisdom in my practice of Tibetan medicine. This book is essential reading for anyone who intends to embark on a healing path, and will ultimately bring great rewards in their spiritual practice.

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