



# Boundless Healing: Meditation Exercises to Enlighten the Mind and Heal the Body

*Tulku Thondup*

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**Boundless Healing: Meditation Exercises to Enlighten the Mind and Heal the Body** Tulku Thondup

This

book offers simple meditation techniques to awaken healing energies in the body and mind. Using Buddhist principles as a basis, Tulku Thondup has created a universal guide that anyone can use. It will benefit those who want to preserve good health as well as those who need comfort and relief from illness or mental distress.

*Boundless*

*Healing*

offers:

- Ways  
to employ the four healing powers: positive images, positive words, positive feelings, and positive belief
- Detailed  
healing exercises that can be done individually or as part of a twelve-stage program
- Exercises  
for dispelling anxiety
- Healing  
prayers for the dying and the deceased, plus advice for helpers and survivors

These

meditations draw on our innate capacity for imagination and memory, our natural enjoyment of beauty, and our deep-seated longing for a state of quiet calm. For all those who wish to become healthier, happier, and more peaceful in everyday life.

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