



The Tibetan Art of Healing

Ian A. Baker

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This volume is intended as an artwork in itself and an object of meditation. Based on a revered collection, long considered lost, of Tibetan "thangkas" - elaborate scroll paintings that portray a philosophy of healing based on Buddhist beliefs, Ayurvedic practices and ancient shamanic traditions - these works may still have much to teach us. Created by a traditional artist from Nepal, Romio Shrestha, using the ancient technique of painting with rich minerals such as powdered gold, and lapis lazuli, the works are intended for the minutest contemplation. Divided into sections illuminating the Tibetan Buddhist view of physiology, pathology, diagnosis and cure, the book demonstrates the processes that sustain, enhance and ultimately transform the life-force. It addresses contemporary ills, such as stress, allergies and heart disease, offering practical advice on treatment and prevention. Going beyond cure, a final section introduces more esoteric perspectives on the interaction of body and mind, presenting the body itself as a source of insight and revelation.

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