



The Tibetan Art of Healing

Ian Baker

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Like an illuminated manuscript, this extraordinarily beautiful book is both an exquisite artwork in itself and an object of profound meditation. It is based on a revered collection, long considered lost, of four-hundred-year-old Tibetan thangkas on the art of healing -- astonishing paintings from which we have much to learn in our search for physical and spiritual well-being today. Rendered by Tibet's foremost traditional artist, Romio Shrestha, using the age-old technique of painting with rich minerals such as gold, lapis, and garnet, these are works of breathtaking complexity and brilliance. Down to the finest hair on a tiny figure's beard, they reward the minutest contemplation. More than this, this important book is a practical healing guide. Tibetan scholar Ian Baker guides us through the paintings, unfolding their invaluable insights to the remedy and prevention of a myriad of illnesses -- including such "contemporary" ailments as stress, allergies, and heart disease -- and to the link between mind and body in the search for human wholeness. *The Tibetan Art of Healing* is an unprecedented journey into healing and transformation, a volume as timely and revolutionary as it is sumptuous and exuberant.

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