



Tibetan Magic and Mysticism

J. H. Brennan

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A great esoteric tradition developed in the Himalayan shadows of the Tibetan plateau, this unique culture investigated the mysteries of mind and magic to a degree never before attempted. *Tibetan Magic and Mysticism* presents this body of techniques, based partly on Tibetan Buddhist practice and partly on shamanic Bön (the aboriginal religion of Tibet).

This revised and expanded version of J. H. Brennan's *Occult Tibet* features authentic Tibetan magical practices, including light trance states to recall past lives; manipulation of energies via sound, rhythm, chanting, and drumming; and the spiritual practice of dream yoga. The result of years of research, *Tibetan Magic and Mysticism* brings the ancient magical techniques of Tibet to the magicians of the West.

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