

## Awakening The Sacred Body

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The power of the breath has been recognized for millennia as an integral part of health and well-being. In Awakening the Sacred Body, teacher Tenzin Wangyal Rinpoche makes accessible the ancient art of Tibetan breath and movement practices. In clear, easy-to-understand language, he outlines the theory and processes of two powerful meditations—the Nine Breathings of Purification and the Tsa ...

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Awakening the Sacred Body brings the ancient art of Tibetan breathing practices to the mainstream. Teacher Tenzin Wangyal Rinpoche outlines the theory and process of two powerful meditations - the Nine Breathings of Purification and the Tsa Lung movements - that can help you change the way you think, feel and experience the world.

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The awakening sacred body course is for every woman who wants to experience the sacred feminine in her own body and find a wider, more inspiring image of what it means to be a woman. This is for lovers, trainers, leaders, abuse survivors, elders, coaches, hysterectomy survivors, artists, patients, scientists, and every awakening woman who honors herself or wants to honor herself.

[Awakening Sacred Body | Awakening Sacred Body University](#)

Sacred body awakening is developed by Anaiya Sophia and is an initiation to opening of codes which belongs to holy temple-arts. It is a practice where a woman gets in direct contact with her holy temple-arts codes which are stored deep inside.

[Sacred Body Awakening Retreat | Asherah Faye](#)

Through your embrace of the Sacred Body Awakening, you'll... \* Find places and spaces within your body that were holding into sexual trauma, heartbroken memories and rejected parts of self \* Open...

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In Awakening the Sacred Body, teacher Tenzin Wangyal Rinpoche makes accessible the ancient art of Tibetan breath and movement practices. In clear, easy-to-understand language, he outlines the theory and processes of two powerful meditations—the Nine Breathings of Purification and the Tsa Lung movements—that can help you change your relationship to yourself, to others, and to the world.

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### Awakening the Sacred Body - Hay House

The simple methods presented in *Awakening the Sacred Body* and in the accompanying online video focus on clearing and opening your energetic centres to allow the natural human qualities of love, compassion, joy and equanimity to arise. When sadness releases, joy is able to arise. When anger releases, love becomes available.

### Awakening the Sacred Body : Tenzin Wangyal : 9781401955540

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### Awakening the Sacred Body - Tenzin Wangyal Rinpoche ...

*Sacred Body Awakening* is a Women Only gathering to remember "life in the Temple" and the ways of opening, healing, longing and awakening the full feminine force within the body. This workshop will open you to what you already know is inside of you, but just needs a little push (and permission) to actually embody it.

### Sacred Body Awakening - Anaiya Sophia

*Awakening the Body* is designed for "householders" — for those of us who have chosen to engage in a spiritual path inside of careers, families, and the great stressors (and great opportunities) provided by living in the world, as it is.

### Awakening the Body – Autumn 2020 | Dharma Ocean Online Courses

Published on Jan 7, 2011 Geshe Tenzin Wangyal Rinpoche introduces his newly released book/DVD set, *Awakening the Sacred Body* (Hay House, January 2011). To order the book plus the DVD of Rinpoche...

### Awakening the Sacred Body, with Tenzin Wangyal Rinpoche

The Initiation of *Sacred Body Awakening* is where a woman comes into direct contact with the Sacred Temple Codes embedded within her body. This somatic, deep, slow process will open her to gnosis, revelation and wild ecstatic freedom. This bodily wisdom emerges from our sacred origins, freeing us of shame, guilt and awkwardness.

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