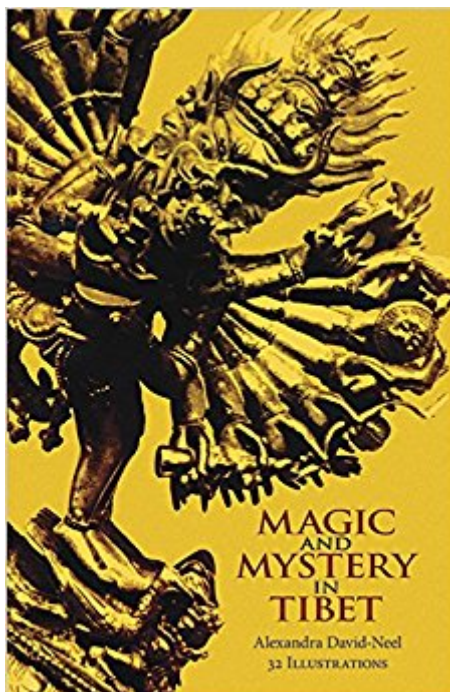


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Magic And Mystery In Tibet



Synopsis

For centuries Tibet has been known as the last home of mystery, the hidden, sealed land, where ancient mysteries still survive that have perished in the rest of the Orient. Many men have written about Tibet and its secret lore, but few have actually penetrated it to learn its ancient wisdom. Among those few was Madame Alexandra David-Neel, a French orientalist. A practicing Buddhist, a profound historian of religion, and linguist, she actually lived in Tibet for more than 14 years. She had the great honor of being received by the Dalai Lama; she studied philosophical Buddhism and Tibetan Tantra at the great centers; she meditated in lonely caves and on wind-swept winter mountains with yogi hermits; and she even witnessed forbidden corpse-magic in the forests. Her experiences have been unique. *Magic and Mystery in Tibet* tells the story of her experiences in Tibet, among lamas and magicians. It is neither a travel book nor an autobiography but a study of psychic discovery, a description of the occult and mystical theories and psychic training practices of Tibet. She tells of great sages and sorcerers that she met; of the system of monastic education; the great teachers and their disciples; Tibetan folklore about their spiritual athletes; reincarnation and memory from previous lives; elaborate magical rites to obtain siddhis; the horrible necromantic magic of the pre-Buddhist Bonpa shamas; mental visualization exercises to create disembodied thought forms (tulpas); visions; phenomena of physical yoga, control of the body heat mechanism; breathing exercises; sending "messages on the wind"; and much similar material. An unusual aspect of Madame David-Neel's book is that she herself experienced many of the phenomena she describes, yet she describes them with precision and in a matter-of-fact manner, permitting the reader to draw his own conclusions about validity, interpretation in terms of psychology, and value. Particularly interesting for the modern experimenter are her detailed instructions for tumo (the yoga of heat control) and creation of thought projections.

Book Information

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Customer Reviews

Text: English, French (translation)

Brilliant book, I have bought about five copies. This book gives a fascinating account of Alexandra Davids-Neel's first hand experience with the Lamas, and Mystics, and Sorcerers of Tibet. I have made gift of it to friends, and a couple Professors over the years. I have it in hardback, paperback, and now for my Kindle, so it's always with me on my android phone. If you are interested in Mysticism, and the Tibetan culture, while by now means all encompassing, this is a wonderful well written book, expertly translated from the original French.

A most remarkable book relating mystical events the author personally witnessed during her years living in Tibet as a woman lama. She is always careful not to over-assert or over-interpret. These events are certainly un-explainable, from a Western perspective, but what I enjoy is the observation that from the Tibetan perspective, there is nothing miraculous or magical about it. It's just the working of an universal law, a law in which the trained mind can tap into power that are inaccessible to the rest of us. Some of these events, such as the Tumo practitioner's ability to dry wet rags sitting in the snow at 18,000 feet, has been later documented and proven scientifically. What it does leave me is there is a lot we don't know about ourselves.

A factual and interesting narrative tale that preserves and presents what Tibet was like approx 100 years ago and what Tibetan Buddhism was like prior to coming to the West. Important work. Worth reading for any one interested in Buddhism, Shamanism, explorations, supernatural, travel, history, etc. Highly rated A+++

I enjoyed this perspective on Tibet at the time the author was traveling there. Very valuable insights were gained from reading. I will read more by this author.

This author is absolutely fantastic, very grounded and funny but also seriously engaged in this path.

This account of Alexandra David-Neel's travels through Northern India and Tibet is absolutely fascinating and I plan on reading it again, soon. Her encounters with HH the XIII Dalai Lama are insightful and provide an insider view of the apparent territorial status of the time. The title is fitting, Magic and Mystery! The book arrived quickly and in great shape, thanks to an excellent seller!

This book presents a direct, highly personal account of one woman's prolonged and significant experience with Tibetan buddhism. It digs deeply into the nuts and bolts of the practice on a first person basis, unmasking the glorified myths but also highlighting many remarkable actualities of this practice. I highly recommend this book for those interested in the realities of Tibetan buddhism.

A unique book on unique experiences. I have loved it for a long time.

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