

Voice of Clear Light

Volume 13, Number 5 / October 2013



Tibetan Sound Healing: Nov. 16 & 17, at Serenity Ridge

The Five Warrior Syllables *with John Jackson*



Learn how to use the power of sound to help heal physical illness, clear psychological and energetic disturbances, and uncover positive qualities such as love, compassion, joy and equanimity.

Since ancient times, meditative practices from many spiritual traditions have used sound and its vibration as an essential tool for healing and spiritual development. The Tibetan Bon Buddhist tradition is one of the oldest unbroken lineages of wisdom that uses sound for the well-being of its practitioners.

The Five Warrior Syllables practice relies on the power of sound to help heal physical illness, clear psychological and energetic disturbances, and support the spiritual practitioner to abide with clear and open awareness.

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