



Occult Tibet: Secret Practices of Himalayan Magic

J. H. Brennan

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A great esoteric tradition developed in the Himalayan fastnesses of the Tibetan plateau. Over centuries of isolation, this unique culture investigated the mysteries of mind and magic to a degree never before attempted.

Today, as Tibetan spirituality spreads across the world, the practices of Tibetan magic have scarcely been investigated by Western occultists. *Occult Tibet* presents this body of techniques, based partly on Tibetan Buddhist practice and partly on shamanic Bön (the aboriginal religion of Tibet).

Learn about authentic Tibetan magical practices, including: tumo, the ability to stave off the cold by stimulating the chakras and energy channels of the body; light trance states to recall past lives; manipulation of energies via sound, rhythm, chanting, and drumming; and the spiritual practice of dream yoga.

J. H. Brennan, respected author of numerous books on the Western Esoteric Tradition, has long been fascinated by Tibetan mysticism and magic. As the result of years of research, *Occult Tibet* brings the ancient magical techniques of Tibet to the magicians of the West.

Winner of the 2003 Coalition of Visionary Resources (COVR) Award for Best Spirituality Book

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