



The Lotus Song: Heart Pulse of Buddhist Tantra

Bryan Phillips

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Sound is so simple. There is no more direct or expedient way to arrive at the core of one's own nature than to hearken to it. In *The Lotus Song*, Bryan Phillips shares knowledge on how to harness the power of sound, vibration, and intention in order to energize ourselves and our personal and professional relationships. As with any mantra, the Lotus Song must be approached with keen and genuine inquisitiveness. Phillips, a seasoned teacher of Tantra, Tibetan philosophy, and Buddhist meditation, demonstrates how to use sacred sounds developed over thousands of years by meditators and yogis in India and Tibet to access innate intelligence and limitless compassionate energy. Through guided meditations and exercises, Phillips helps you develop the skills to conduct and direct potent healing energy throughout your body and in daily interactions. *The Lotus Song* shares a time-tested method that equips you to embark on a transformative, deeply reflective journey into the creative potency of sound.

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