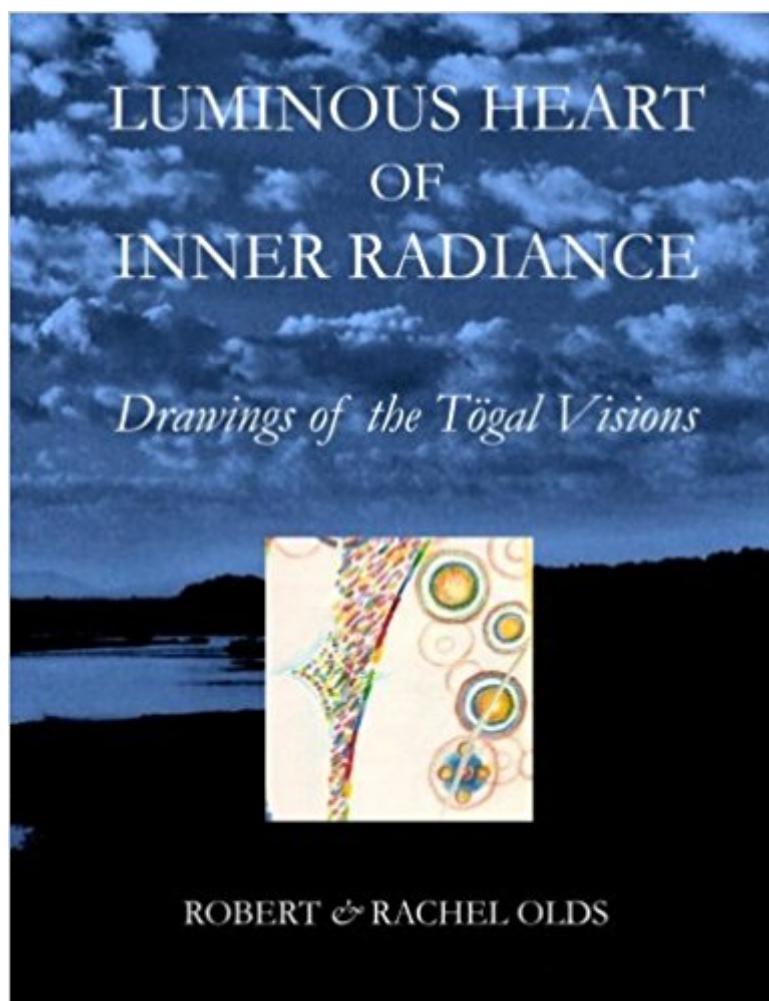


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# Luminous Heart Of Inner Radiance: Drawings Of The Tögal Visions



## Synopsis

Togal is an ancient spiritual path, a dynamic visionary process arising from your heart and the very basis of all manifestation. The rainbow-colored visions of Togal are primordial; they are the first and most radiant aspect of manifestation closest to essence. They are a doorway to direct perception of the luminous union of essence and radiance, but they are not separate from the natural world. They arise from the same source and for the same reason, to provide an avenue for return to essence; there is a sacred intent, a great compassion, woven throughout the very fabric of being. The visions of Togal mature in a way that is both specific and beautiful. Robert and Rachel Olds kept sketchbooks of the Togal visions during their nine-year retreat together, and they share their drawings and the perspective that the ripening of Togal brings to show the correlation between the visions of inner radiance and the vision that is this life. The images in the visions are not esoteric or secret; they are all around us in the natural world, from concentric rings on the surface of a pond to the patterns of the background radiation of the universe itself. The visions of Togal and the natural world are equally sacred. Now more than ever, when our Earth is in peril due to non-recognition of this inherent holiness, it is important to acknowledge and reaffirm the sacredness of this entire arising vision we call life. 145 color illustrations

## Book Information

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## Customer Reviews

Artists Robert and Rachel Olds spent nine years in spiritual retreat together in the mountains of northern California integrating Earth living and the practices of the heart essence of Dzogchen. They came to their retreat after years of spiritual inquiry through their artwork and years of letting go and simplifying their lives to connect more fully with the natural world. They share the unique perspective

that their completion of the path of Tögal brings to encourage recognition that this Earth, this vision we call life, is a sacred offering. Their other books include Luminous Heart of the Earth and Water Drawn Before Sunrise.

Luminous Heart of Inner Radiance - Drawings of The Tögal Visions by Robert and Rachel Olds Spiritually focused artists Robert and Rachel Olds culminated a lifelong Earth based spiritual path of meditative practice by going on an 8 year retreat practicing Tibetan Buddhism's and Bon's highest visionary path of Tögal. Along the way, they documented with skilled, sensitive drawings documenting the unfolding progression of the four stages of Tögal visions. To my knowledge, nothing of this kind has ever been presented in the public domain before. Also distinctive in publishing these beautiful images of the Tögal visions and their accompanying volume describing the actual practices that took them up to and through the path of Tögal, Primordial Grace - Earth, Original Heart and The Visionary Path of Radiance, Rob and Rachel strip Tögal of its here-to-fore religious and cultural baggage and restore it to its primordial, grounded in the Earth, roots. I realize this will be seen by some as a controversial description of a controversial act but surely, the Tögal process of seeing the essential nature of the spontaneous presence of the primordially pure innate is antecedent to all forms of culture and all -isms. Personally, the powerfully gentle and sensitive images in this volume deepened my faith and quickened my spirit. They led me to contact Rob and embark on this remarkable journey. In my experience, as the visions are beginning to develop, this process is increasingly engaging. I am gratefully finding myself silenced, awed and wanting to practice more than ever before in my 40 + years of spiritual focus. Enjoy!

A friend of mine offered this book to Tenzin Namdak, actual head of Bön lineage, supposed to achieve rainbow body when he will leave. He didn't seem so much interested and said that the drawings are correct, but "something is missing. They didn't get the fruit", i.e. they won't achieve rainbow body. Now, the question is "what" ? Maybe we have a first clue, in the fact that their approach is totally naturalist. There is only earth, nature, light... Where are the buddha fields, the revelations, the transmissions, one is supposed to get with the third vision ? Just read the life of Shardza Rinpoche and others. It's totally different. Apparently it is possible to get the visions (or a part of them) without getting the real meaning. Because, according to many teachings, there is no "matter" in the universe, only "beings" (what we call matter being allegedly the "body" of beings, who we can't see because of our obscurations). But in this book, there are no beings, only matter.

Very good books, Got them on time

I am so glad this book was written and illustrated. This is a clear and unencumbered account of the Tegal visions as experienced by the authors. This book is very much a gift to anyone seeking a deeper truth about the true nature of reality.

The authors have given us a gift that puts us profoundly in their debt. First, they devoted themselves over many years in retreat to the practice of Tegal. In so doing, they keep the harmonic of spiritual practice alive and resonant, holding the field for others who choose such devotion. Second, as gifted artists, they drew their visions with eyes fresh to the fruits of that practice. These images are a testament to the fact that the heart knows no cultural border. The images in this book are deeply moving, brimming with luminous entreaty and begging our soul's response.

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