



Tibetan Buddhist Goddess Altars: A Pop-Up Gallery of Traditional Art and Wisdom

Tad Wise, Bruce Foster, Robert Beer

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The home altar has become an increasingly popular tool for contemporary seekers, allowing them to tap their spirituality informally, at any time of the day. This charming book puts a new twist on the phenomenon by showcasing female Buddhist deities in a delightfully unusual format. Designed to resemble a Tibetan temple, the book presents stunning three-dimensional renderings of traditional *thangka* paintings. It features doors that open from the middle of the front cover, a sturdy tab-insert closure, and elastic loops to hold each altar firmly in place. Four important goddesses appear here. White Tara pacifies illness and removes obstacles; Vanshudara increases prosperity, fertility, and happiness; Kurukulla helps attract and influence through the power of love and desire; and Vajrayogini aids in developing the enlightened union of Great Bliss and Emptiness. With the assistance of these colorful altars and an informative text about the symbolic art, visualization can blossom into multidimensional meditation.

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