



Sacred Scripts: A Meditative Journey Through Tibetan Calligraphy

Tashi Manno

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Insightful quotes written in Tibetan calligraphy are paired with photos of Buddhas from around the world to create this collection of timeless iconography.

Calligraphy has held an honored place in the spiritual traditions of Tibet. Monks dedicate their lives to mastering the many subtleties of the art, often spending years transcribing sacred Buddhist manuscripts. The carefully composed lines and deliberate spatial awareness in each work of calligraphy within *Sacred Scripts* encourages reflection, mindfulness, and meditation.

Within these pages, sacred mantras, seed syllables, and Buddhist quotes are presented in authentic Tibetan scripts. Photos of Buddha statues from around the world complement the calligraphy and create an ethereal mood of serenity. Addressing the stresses of our modern world and the demise of spiritual languages, *Sacred Scripts* provides insight and inspiration for attaining inner peace and well-being.

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