



The Healing Buddha

A brief Introduction to the Blue Book

Dear reader,

Below you will find articles on the theme of “Awakening to Sanity”. They are written as letters which gradually form the “Blue Book”— blue being the colour of the Healing Buddha. The central idea is to bring the path of awakening together with the path of healing. True Awakening is all-encompassing sanity: becoming someone fully integrated, compassionate and fluid, acting in beneficial ways. [To know more, read the introduction letter \(1\).](#)

With the best wishes, Tilmann Lhündrup