

Secret Power of Tantrick Breathing



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Reviews

Basically no words and phrases to describe. It is really simplified but unexpected situations in the fifty percent of your book. I am delighted to let you know that here is the very best publication i have got go through within my very own lifestyle and might be he greatest publication for actually.

(Watson Kohler)

SECRET POWER OF TANTRICK BREATHING



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Abhinav Publications/Kaveri Books, New Delhi, India. Hardcover. Book Condition: New. Dust Jacket Condition: New. Second Edition. The book 'Secret Power of Tantrick Breathing' explores the secrets of alternate breathing. After a short discussion on the physiology of breathing and its effect on the mind and emotions, the book then goes on to survey, on the basis of authoritative Sanskrit texts of 'Siva-svarodaya', how the breath alternates between the right and left nostrils with the change in mental states. It suggests many practical methods that help in harmonising the two breaths to achieve mental and physical balance. The last chapter deals with Yogic and Tantrik meditations which result in good health, calm mind and controlled emotions. Printed Pages: 70.



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