

Secret Power of Tantrick Breathing



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Reviews

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.
(Meagan Roob)

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 Tantrik 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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