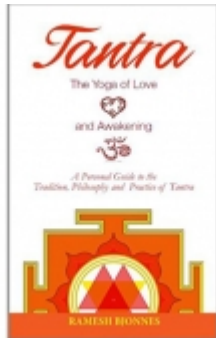


Yoga



Tantra: The Yoga of Love & Awakening

A great historical and philosophical summary of Tantra that dispels misconceptions regarding the subject with practical and inspirational pointers on how to apply the principles of Tantra in daily life. Probably one of the best books on the subject because of how concise, well researched and pointed the book was organized by the author.

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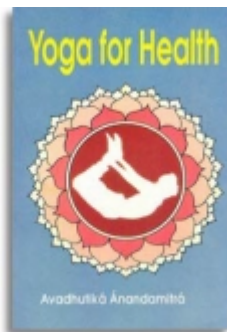
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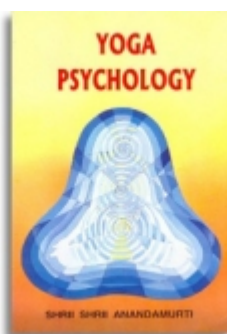
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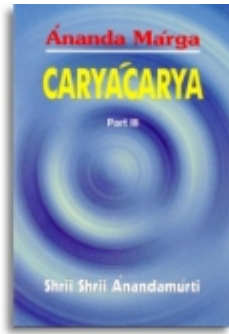
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Carya Carya Part III

This part contains all the dos and don'ts related to physical health that must be followed for progress in mental and spiritual sádhaná.

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