



Exploring Mantric Ayurveda: Secrets and Insights of Mantra-Yoga and Healing

By Durgadas (Rodney) Lingham

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This book explores the ancient and deeper aspects of Mantric Ayurveda and the secrets of the ancient Tantric Tradition of Ayurveda that Mantra-Yoga forms an integral aspect of. Here one learns the traditional considerations before using mantras as well as special rituals for protection, energisation of deities, gemstones and working with the deities on an inner level for healing applications.

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