



Secret Power of Tantrick Breathing-2nd Edition

By Swami Sivapriyananda

Abhinav Publications, New Delhi. Hardcover. Condition: New. Second Edition. 70pp. 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.



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Reviews

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