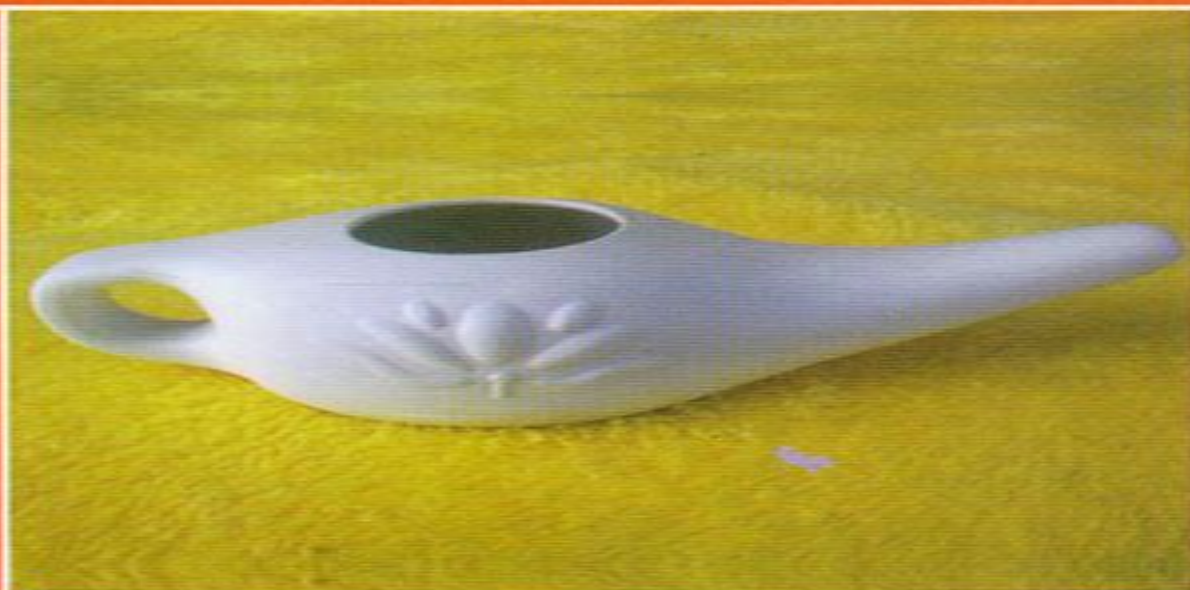




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of the spiritual masters then gradually introduce changes to our daily habits There are also long term changes to put into motion the development of our spiritual selves so that soul living becomes better and better over time

Soma in Yoga and Ayurveda David Frawley,2012-07-16 Soma in Yoga Ayurveda cracks the secret code of Soma and demystifies the myth and logic about its practical application Dr Frawley has clearly outlined that the real fountain of Soma is well within you and tapping into that nourishment will make your life enlightened and blissful

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The Ayurveda Encyclopedia Sada Shiva Tirtha,Swami Sadashiva Tirtha,2007 Annotation The theories and practices of Ayurvedic medicine including the therapeutic benefits of aromas foods herbs meditation yoga and more are featured in this comprehensive handbook With a section dedicated to health disorders this guide clarifies the simplicity of healing naturally and offers counsel towards an improved sense of well being reduced stress and mental peace Photographs of over 80 herbs and yoga postures round out this home reference and teaching tool

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