



# Tantric Yoga and the Wisdom Goddesses (Spiritual Secrets of Ayurveda)

By Dr. David Frawley



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"Tantric Yoga and the Wisdom Goddesses is an excellent introduction to the essence of Hindu Tantrism. The author discusses all the major concepts and offers valuable corrections for many existing misconceptions. He also introduces the reader to the core Tantric practices of meditation and mantra recitation, focusing on the ten Wisdom Goddesses" states Georg Feuerstein.

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#### Review

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#### About the Author

David Frawley (Vamadeva Shastri) is one of the few Westerners recognized in India as a Vedacharya or teacher of the ancient Vedic wisdom. He is the author of numerous books and articles on Vedic Topics including Ayurveda, Vedic Astrology, Vedanta, Hinduism, Yoga and Tantra, as well as translations and interpretations from the Vedas. Dr. Frawley has been given many awards for his work in India including the Veda Vyasa award by the International Institute of India Studies. He is a Jyotish Kovid through the Indian Council of Astrological Sciences, and is also the President of the American Council of Vedic Astrology, the American offshoot of the Indian council; He has a Doctor's degree in Chinese Medicine and has also been certified as an expert through the University of Poona for his knowledge of Yoga and Ayurveda. He is presently Director of the American Institute of Vedic Studies.

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