



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

*Dr. David Frawley*

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**Tantric Yoga and the Wisdom Goddesses (Spiritual Secrets of Ayurveda)** Dr. David Frawley

"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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