



Meditation as Medicine: Activate the Power of Your Natural Healing Force (New edition)

By Dharma Singh Khalsa

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, Meditation as Medicine: Activate the Power of Your Natural Healing Force (New edition), Dharma Singh Khalsa, Imagine being able to rid yourself of a host of medical or psychological maladies without medication or psychotherapy. You can- with the noninvasive, cost-free and scientifically proven method outlined here by the internationally renowned Dr. Dharma Singh Khalsa and Cameron Stauth. MEDITATION AS MEDICINE highlights an array of revolutionary techniques doctors and patients can use in conjunction with conventional medicine, to target and alleviate afflictions ranging from arthritis to ulcers to cancers. Simple and easily adaptable to suit your lifestyle, Khalsa's medical meditations are presented with detailed instructions on everything from posture and movement to particular mantras and specific breathing patterns. Far more powerful than standard meditation, medical meditation has been proved to balance and regenerate the body's ethereal and physical energies, forging an extraordinary healing alliance.



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Reviews

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