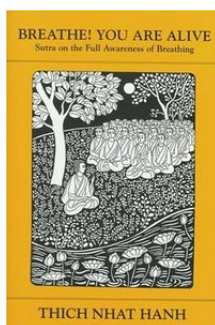


BREATHE! YOU ARE ALIVE: SUTRA ON THE FULL AWARENESS OF BREATHING



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Reader's Opinions

I thought that this was an excellent book for anyone interested in the breath and body, especially in a meditation practice. It outlined a breath practice with insightful commentary.

Though written by a Buddhist monk, this presentation on Buddhist breath-meditation has a very syncretic approach which echoes general new-age concepts of healing, nature and planetary consciousness, and even modern Taoist internal alchemy practices such as the Inner...