

## Magic and Mystery in Tibet

*Alexandra David-Neel*

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CustomerGreat book! For those who have tasted something of the higher life, this book might motivate you further to go looking for the actual experience. I paid for the book while roaming the streets of Kathmandu. The title was enough to ring a bell.

David-Neel illustrates the point that there is much more to life than is found on the surface. Readers are initiated into powerful meditations, breathing exercises, the control of body heat, visions, shamanic magic and past life recollection.

Language NotesText: English, French (translation)