



Weapon of Light: Introduction to Ati Yoga Meditation (Paperback)

By Nida Chenagtsang

SKY Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Weapon of Light presents Dr Nida Chenagtsang s highly practical and direct meditation instructions on how to access the Ati Yoga state in daily life and liberate the afflictive emotions. Featuring Dr Nida s pithy and direct poem entitled The Weapon of Light of the Primordial Wisdom which Vanquishes the Darkness of Samsara and supplemented with several oral teachings he gave in the United States in December 2016 on his Mirror of Light book tour, this book is an indispensable handbook for both beginner and advanced meditators of any lineage.



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Reviews

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