



Applied Marma Therapy Cards

Vasant Lad

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Applied Marma Therapy Cards Vasant Lad

Based on Dr. Lad's more than 40 years Ayurvedic clinical and classroom experience, this 30 card set is sourced from his popular Marma Therapy seminars.

Each full color flash card has a larger illustration with the name of the point and its location, for practice. The other side of the card has a more detailed illustration with the therapeutic applications of each point listed, for study.

Contents

- * 23 anatomical cards with marma points
- * Healing through Energy Points
- * Emotions, the Organs, and Marma Points
- * Chakra Breathing and Sounds
- * Meditation for Self-Healing: So Hum
- * Empty Bowl Meditation
- * Guidelines for Touch and Pressure
- * Applying Essential Oils & Oil Selection According to Dosha

Included in the set are two meditations that Vasant Lad highly recommends. Additionally, instructions on sound therapy that balances the marma points according to the chakras is provided. Marma points useful for emotional healing are outlined as well as the proper essential oils for healing the doshas-vata, pitta, kapha-through marma point therapy.

Flash cards are printed on a 16 pt cardstock and coated with a UV protective coating, making them quite durable.

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From reader reviews:

Kimberly Williams:

The actual book Applied Marma Therapy Cards has a lot associated with on it. So when you read this book you can get a lot of benefit. The book was compiled by the very famous author. This articles author makes some research ahead of write this book. This specific book very easy to read you may get the point easily after reading this article book.

Frank Ouellette:

The reason why? Because this Applied Marma Therapy Cards is an unordinary book that the inside of the book waiting for you to snap this but latter it will shock you with the secret that inside. Reading this book adjacent to it was fantastic author who else write the book in such remarkable way makes the content inside easier to understand, entertaining method but still convey the meaning totally. So , it is good for you for not hesitating having this nowadays or you going to regret it. This unique book will give you a lot of rewards than the other book get such as help improving your talent and your critical thinking approach. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

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Juana Rummel:

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