



Buddhist Healing in Laos: The Fragrant Forest

By Denise Tomecko

Orchid Press Publishing Limited. Paperback. Book Condition: new. BRAND NEW, Buddhist Healing in Laos: The Fragrant Forest, Denise Tomecko, The quest for a healthy, pain-free body and a happy, peaceful mind has played an essential role in the development of mankind from the grasslands of Africa to the great river based civilizations of Egypt, Persia, China and India. It is a quest that continues to this day, as we constantly look for new and better ways to improve our health, happiness and longevity. In this beautifully illustrated book, the author shares with the reader the age-old secrets of physical healing and spiritual renewal as administered in the Buddhist monasteries of Laos. The knowledge of the use of indigenous jungle plants to provide holistic treatments in mainland Southeast Asia is rapidly being lost, as society modernizes, adopts consumer oriented practices and embraces Western pharmaceuticals. Painstakingly recording the wisdom of an elderly Buddhist nun accumulated over a lifetime of holistic healing practice, Denise Tomecko introduces us to a wide variety of locally available plants, teas and herbs, detailing their application and the natural synergy of these treatments with the spiritual renewal experienced in meditation. This is a beautifully illustrated compendium detailing the ancient...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

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It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III