

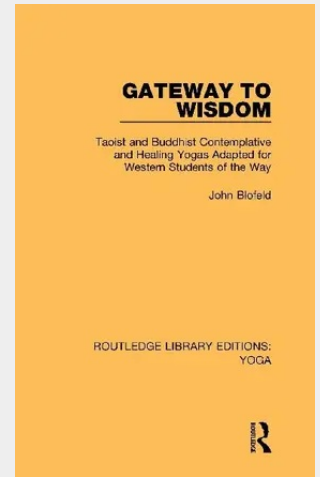
Blofeld

Gateway to Wisdom

Taoist and Buddhist Contemplative and Healing Yogas Adapted for Western Students of the Way

This book, first published in 1980, comprises separate sections on Taoist and Buddhist contemplative yogas, each divided into a theory part (summarising their fundamental principles and outlook) and a practice part (detailing their various practices).

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