

Tantric Kashmiri Massages Six Illustrated Protoco

Tantric & Kashmiri Massages The Hindu-Buddhist Sculpture of Ancient Kashmir and Its Influences Mission Kashmir: An Intelligence Operation in the valley □ Inspired from true events Kashmir Modern History of Jammu and Kashmir: Ancient times to Shimla Agreement Documents on Kashmir Problem: Discussion of the India-Pakistan question in the Security Council meeting Beauty Unbottled Himalayas Guide to Indian Periodical Literature My 100 Favourite Herbs Asiaweek Life Along the Silk Road The Times Index The Atlantic New York Magazine The Lancet The Spectator British Books Filmin India We Were and We Will be Michele Larue John Siudmak Udayaditya Mukherjee M. G. Chitkara J. C. Aggarwal Man Singh Deora Kavita Khosa Pratapaditya Pal Margaret Roberts Susan Whitfield Parineeta Khar

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among the various techniques of self improvement and caring i chose tantric and kashmiri massages to rediscover my body but also to experience an intensification of my sensations in order to get the most out of life nakedness being touched all over our body enables us to renew with our prepubertal innocence the innocence of childhood and the happy days when we were discovering tactile pleasure we feel alive again as i received various tantric massages in the course of my research i tried to conceptualize the different techniques used and the impulse which transmits love through the sense of touch this led directly to my taking note of what the different tantric and kashmiri massages have in common the 6 full body massage protocols i

describe in my book provide a framework for the moves to be performed and transitions to be smoothed out as well as tips and tricks meant to increase the fluidity of a tantric massage you may simply draw your initial inspiration from these and go on to massage freely with an open heart tantric kashmiri massages includes various solo exercises such as undulatory orbital breathing chakra balancing and the who am i or karsai nei tsang self massage as well as a number of easy twosome exercises associated with the tantra in an age when we are constantly bombarded with stimuli of every sort getting in tune with our own sensibility and that of our partners and even renewing contact with the sacred through shamanism or the tantra will strengthen our sense of rootedness shattered by stress

the hindu buddhist sculpture of ancient kashmir and its influences is primarily based on the study of the largely unpublished corpus of sculpture mostly of stone in the sri pratap singh museum in srinagar and of other examples in situ elsewhere in the valley the disparate nature and fragmentary condition of these sculptures as well as their artistic and iconographical influences have for long defied accurate analysis the method used in the classification of these sculptures is based on close analysis of their style concentrating on recurring features such as facial and physical typology modelling dress and ornamentation comparisons are made with other examples of kashmir bronze ivory and stone sculpture in private and public collections both within india and abroad

zahir a hardened terrorist from pakistan has infiltrated the indian territory on a mission of jihad against the indian army karim a kashmiri youth radicalised by zahir helps him in his operations only to realise that the blood and gore are not helping kashmir and its people zeenat a young kashmiri girl joins the indian army as an intelligence officer who excels in her training and is posted in her native state will zahir get away with his sinister plot will karim have the courage to follow the right path can zeenat stop the terror attacks and counter the enemy s plans read this gripping story of an intelligence mission in the valley to counter terrorism through an intricately woven operation mission kashmir is largely inspired from real life events that continue to pave the way for a happier safer kashmir

can one make sunscreen from saffron can hemp oil help heal acne how does madder root help cure hyperpigmentation beauty unbottled is a unique diy guide on how to use herbs and plants to turn your kitchen into a beauty lab learn how to treat hair loss frizz dandruff and premature greying with powerful ayurvedic kitchen herbs create your own masks moisturizers serums and shampoos with superfoods like neem tulsi jasmine and sandalwood

herbs that are revered in ayurveda explore the alchemy of ayurveda and its long lost forgotten beauty secrets with simple step by step skin and hair recipes with vegan options in this definitive guide and self help book this book will also guide you to read and understand labels have a balanced diet for a healthy body and choose ingredients that are super effective yet gentle on you and mother earth kavita khosa the founder of the award winning skincare brand purearth brings to this book her years of experience in ayurveda and expertise as an organic cosmetic science formulator beauty unbottled debunks urban beauty myths drawing upon scientific research and time honoured classic ayurvedic texts rooted in ayurveda this book invites you to celebrate the skin you are in

presents and describes 187 hindu and buddhist artworks of the himalayas from the sixth through the nineteenth centuries geographically themed essays and translations and interpretations of several nepali kashmiri and tibetan inscriptions

margaret roberts is a household name in the field of natural products that enhance health and well being my 100 favourite herbs draws on the established success of margaret s earlier work adding and updating information about the popular practice of growing one s own herbs and using them in the kitchen as well as to produce health and beauty products a hands on practical book it allocates a generous doublepage spread to most herbs margaret instructs how and when to plant grow and harvest herbs and introduces recipes both culinary and cosmetic writing in an easy down to earth manner she laces her advice with personal anecdotes and historical snippets the text is enlivened by her delicate line drawings as well as bright detailed photographs to aid identification making an elegant book that will become a classic in many homes for anyone interested in the satisfying hobby of growing herbs and in using them to enhance their cooking and health this is an indispensable guide

in this long awaited second edition susan whitfield expands her trailblazing exploration of the silk road and broadens her rich and varied portrait of life along the great premodern trade routes of eurasia this new edition is comprehensively updated to support further understanding of themes relevant to global and comparative history in the first 1 000 years after christ merchants missionaries monks mendicants and military men traveled on the vast network of central asian tracks that became known as the silk road whitfield recounts the lives of twelve individuals who lived at different times during this period including two new characters an african shipmaster and a persian traveler and writer during the arab caliphate with these additional tales whitfield extends both geographical and chronological scope bringing into view the maritime links across the indian ocean and depicting the network

of north south routes from the baltic to the gulf throughout the narrative whitfield conveys a strong sense of what life was like for ordinary men and women on the silk road the individuals usually forgotten to history a work of great scholarship life along the silk road continues to be extremely accessible and entertaining provided by publisher

indexes the times and its supplements

new york magazine was born in 1968 after a run as an insert of the new york herald tribune and quickly made a place for itself as the trusted resource for readers across the country with award winning writing and photography covering everything from politics and food to theater and fashion the magazine s consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating new york as both a place and an idea

a weekly review of politics literature theology and art

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