

Chakra Music Music And Sahaja Yoga Meditation

When people should go to the book stores, search start by shop, shelf by shelf, it is truly problematic. This is why we present the book compilations in this website. It will no question ease you to look guide **chakra music music and sahaja yoga meditation** as you such as.

By searching the title, publisher, or authors of guide you essentially want, you can discover them rapidly. In the house, workplace, or perhaps in your method can be all best place within net connections. If you strive for to download and install the chakra music music and sahaja yoga meditation, it is definitely easy then, in the past currently we extend the colleague to buy and create bargains to download and install chakra music music and sahaja yoga meditation so simple!

Twelfth Night William Shakespeare 2020-01-03 William Shakespeare's Twelfth Night is a comedy about a brother and sister pair that are shipwrecked off the coast of Illyria and are separated. Viola, the sister, must assume the identity of a man to earn a living in the home of Duke Orsino, who is in love with the Lady Olivia. Twelfth Night, Or What You Will is a comedy by William Shakespeare, based on the short story "Of Apolonius and Silla" by Barnabe Rich. It is named after the Twelfth Night holiday of the Christmas season. It was written around 1601 and first published in the First Folio in 1623. The main title is believed to be an afterthought, created after John Marston premiered a play titled What You Will during the course of the writing.

Psychology of Yoga and Meditation C. G. Jung 2021-03-09 Jung's illuminating lectures on the psychology of Eastern spirituality Between 1933 and 1941, C. G. Jung delivered a series of public lectures at the Swiss Federal Institute of Technology (ETH) in Zurich. Intended for a general audience, these lectures addressed a broad range of topics, from dream analysis to the psychology of alchemy. Here for the first time are Jung's illuminating lectures on the psychology of yoga and meditation, delivered between 1938 and 1940. In these lectures, Jung discusses the psychological technique of active imagination, seeking to find parallels with the meditative practices of different yogic and Buddhist traditions. He draws on three texts to introduce his audience to Eastern meditation: Patañjali's Yoga Sûtra, the Amitâyur-dhyâna-sûtra from Chinese Pure Land Buddhism, and the Shrî-chakra-sambhâra Tantra, a scripture related to tantric yoga. The lectures offer a unique opportunity to encounter Jung as he shares his ideas with the general public, providing a rare window on the application of his comparative method while also shedding light on his personal history and psychological development. Featuring an incisive introduction by Martin Liebscher as well as explanations of Jungian concepts and psychological terminology, *Psychology of Yoga and Meditation* provides invaluable insights into the evolution of Jung's thought and a vital key to understanding his later work.

Silence Your Mind Ramesh Manocha 2013-01-08 Can't sleep because your thoughts won't switch off? Ever walked into a room to get something, only to realise you've forgotten what you were looking for? Does a constant stream of

unnecessary chatter run through your head? Do you wish you could stop that mental noise whenever you wanted to? Australian bestseller SILENCE YOUR MIND offers a completely new approach to meditation – the experience of mental silence – that will help recharge your mental batteries and leave you feeling more positive, dynamic and wholly engaged with the world. It clearly explains how just 10 to 15 minutes of simple meditation practice each day can turn off that unnecessary mental chatter, thereby awakening your hidden abilities in work, sport, studies and creative pursuits. Scientifically based, this is fundamentally different from any meditation book you may have read before. Australian Dr Ramesh Manocha is leading the world in research into the positive impacts of the mental silence experience. His findings show that authentic meditation is easy, enjoyable, health-giving and life-changing. SILENCE YOUR MIND has sold over 10 000 copies in Australia. Royalties from its sale are directed to further research and educational activities in the field of meditation.

Meta Modern Era Shri Mataji Nirmala Devi 2019-05-30 *Meta Modern Era* by Shri Mataji Nirmala Devi is a loving, compelling and powerful book that introduces a tangible spiritual breakthrough for the 21st century – spontaneous Self Realization through Sahaja Yoga meditation – which opens a new dimension in human awareness. Written by Nobel Peace Prize nominee and one of the greatest voices on spirituality, Shri Mataji Nirmala Devi, the book offers stunningly deep insights on the crises of our modern times and the solutions to their root problems.

Discovering Spirituality Anthony Strano 2009 A guide to knowing who you really are. Use it as a map to discover your inner light, to find peace and restore balance and as a chart to change the course of your life and to have the courage to achieve your goals.

The Keys of Wisdom Linda J. Williams 2018-04-14 The first book in The Awakening of Navi Septa trilogy tells the story of seven young people who leave their home in the land of Teletsia because of its oppression by high priests, known as the Sorcerers. They leave in search of a better life and a means of finding a way of returning their homeland to a fairer system of government. Their hope lies in the kingdom of Sasrar to the north of Teletsia across the Sea of Illusion. Their journey there is not easy and tests them at each step of the way. Not only are they being pursued by the Sorcerers' soldiers, but they also find treachery in the places they have to travel through. There are some good people who help them, and they also receive spiritual and practical help from some mysterious keys. They don't realise it, but they are fulfilling an old prophecy which is only the beginning for young people everywhere.

Music and Sahaja Yoga Arun Apte 1997

The Human Atmosphere Walter John Kilner 1911

What is Yoga? Shri Mataji Nirmala Devi 2013-12-01 What is yoga? "In simple words, it is taking your attention to the Spirit." In this magazine, yoga and other topics are defined and explained by Shri Mataji Nirmala Devi. She tells us about the Yuva Shakti, opening the heart, how to please, changing vanity into pride and the twenty-two objects that created Life Eternal Trust.

Integral Yoga Hatha Swami Satchidananda 1970 In print constantly since 1970, this large format Hatha Yoga instruction guide is now recognized as a classic

in its field. Over 160 large photographs show Hatha expert Sri Swami Satchidananda performing more than 80 postures, breathing practices, relaxation, cleansing and concentration techniques. Instructions are easy to follow and describe how the body and mind benefit from each pose. Practice routines for beginning, intermediate and advanced students are suggested.

Yoga Journal 2002-09 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Sahaja Yoga Saraswati Raman 2019-10 The book Sahaja Yoga: Heal and Integrate Your Subtle Energy System, written by Saraswati Raman, describes at length the process of activating the dormant Kundalini energy lying within the sacrum bone in each one of us and raising it upward through the chakras along the spinal column through the Sushumna Nadi until it reaches the Sahasrar, or the fontanel bone area, where it unites with the cosmic energy. She speaks of the various healing benefits of Sahaja Yoga: stress management and its utility in attaining an emotional balance. The second part of the book deals with the use of sound, musical notes, and ragas in the activation and energizing of chakras. Music also has been widely used as therapy through its impact on the energy vortices and, thereby, its influence on the various glands and systems within the body. The third part speaks about incarnations and how the various Avatars incarnated to give an impetus to evolution on earth more particularly toward helping the momentum in the evolution of humanity. The work is the outcome of her own application of Sahaja Yoga and its impact in bringing about an all-around integration of the personality--physical, emotional, intellectual, and spiritual.

For Want of Wonders Richard Payment 2017-12-02 A young boy sees something he does not understand. That memory stays with him for years, awakening in him a desire for truth and meaning. "The want is the thing that drives us," he says. "Trust me. I have a story to tell."

Journey Within Shri Mataji Nirmala Devi 2018-01-24 JOURNEY WITHIN: THE FINAL STEPS TO SELF REALIZATION is the story of our spiritual ascent, both as individuals and collectively. With equal parts instruction and inspiration, the book beautifully describes how we have gotten where we are today and our essential next steps. Shri Mataji Nirmala Devi gave more than 3000 recorded talks all around the world. Whether it was a village school, a medical conference, a gathering of UN employees or a suburban hall on a hot summer evening, her central words were the same: introspection, ascent, inner peace and the most important of all the realization of our true self. With humour and love, she both guided and listened. From the opening words, "My father felt that I would do something great, we can sense the trajectory of this tale. And we know too that we are bound for that same greatness. With this book, Shri Mataji reminds us of the journey we are all on. And the direction of that journey is always the same. It is a JOURNEY WITHIN."

The Book of Adi Shakti Mataji Shri Nirmala Devi 2013

Sahaja Yoga Judith Coney 1999 The first full-length examination of Sahaja Yoga, a new religious movement led by Sri Mataji Nirmala Devi, which claims up to one

hundred thousand members from around the world. This is the first full-length examination of Sahaja Yoga, a new religious movement led by Sri Mataji Nirmala Devi, which claims up to one hundred thousand members from around the world. The author examines how newcomers adopt new practices and allegiances on becoming full-time members, and how most develop a radically new awareness of 'spiritual vibrations' as a result of the regular meditation suggested by Sri Mataji. To do so, she reflects upon current theories of socialisation, in particular building up understandings about new social worlds than has so far been appreciated. This accessible and informative account is of particular value to scholars working in the study of religions and new religious movements, and of interest to those working on theories of socialisation. However, the book is required reading for anyone who wants to know more about the contemporary religious landscape.

Sahaja Yoga Saraswati Raman 2018 The book *Sahaja Yoga: Healing and Integration of Your Subtle Energy System*, written by Saraswati Raman, describes at length the process of activating the dormant Kundalini energy lying within the sacrum bone in each one of us and raising it upward through the chakras along the spinal column through the Sushumna Nadi until it reaches the Sahasrar, or the fontanel bone area, where it unites with the cosmic energy. She speaks of the various healing benefits of Sahaja Yoga: stress management and its utility in attaining an emotional balance. The second part of the book deals with the use of sound, musical notes, and ragas in the activation and energizing of chakras. Music also has been widely used as therapy through its impact on the energy vortices and, thereby, its influence on the various glands and systems within the body. The third part speaks about incarnations and how the various Avatars incarnated to give an impetus to evolution on earth more particularly toward helping the momentum in the evolution of humanity. The work is the outcome of her own application of Sahaja Yoga and its impact in bringing about an all-around integration of the personality—physical, emotional, intellectual, and spiritual.

Sahaja Yoga - an Experiential Treatise Saraswati Raman 2014-12-20 The book *Sahaja Yoga- An Experiential Treatise* is a translation of the original Marathi work titled *Sahaja Yoga- Anubhavache Bol* written by Mr. V. N. Phadke which was written by him at the request of our Holy mother, Shri Mataji Nirmala Devi. The book is based on his own experiments with application of Sahaja Yoga for treatment of various ailments, to find intuitively solutions to some common problems faced by man and also to find the truth as to certain beliefs of his community for which the encouragement came from Shri Mataji Nirmala Devi herself. Saraswati Ramans interest and dedication to Sahaja Yoga and its meditation led her to explore a course in medicine leading to an MD in Alternative Medicine from the Indian Board for Alternative Sciences, Kolkata and started off on her journey in Music too by learning, just to discover the treatments of various diseases through Music and Sahaja Yoga meditation. A lady full of positive vibes and approach, towards every aspect of life; ever smiling, her journey to explore the Culture of our country and its tradition has taken this form of a beautiful compilation of this literature. We are proud to have her as one of the gems of Sahaja Yogis that are blooming on this Earth. Jai Shri Mataji. With lots of love, Pramila Rao, Krez Kreations, Real Estate, Ad-films & Media.

The Mystery of Sound Saraswati Raman 2014-10-29 "Saraswati Raman's interest and dedication to Sahaja Yoga and its meditation led her to explore a course in medicine, leading to an MD in alternative medicine from the Indian Board for

Alternative Sciences, Kolkata, and started off on her journey in music too by learning, just to discover the treatments of various diseases through music and Sahaja Yoga meditation. A lady full of positive vibes and approach toward every aspect of life; ever smiling, her journey to explore the culture of our country and its tradition has taken this form of a beautiful compilation of this literature. We are proud to have her as one of the gems of Sahaja yogis that are blooming on this earth. Jai Shri Mataji. With lots of love." --Pramila Rao, Krez Kreations, real estate, AdFilms and media "During the course of her growth in Sahaja Yoga, she met her music teacher Dr. Arun Apte, who greatly influenced her in music, which was also instrumental in bringing a profound change in her health. She continues to practice singing out of love for music, and its impact on the energy centers. I am sure readers of this book will be greatly benefited." --Prabha Narayanan

The Mystery of Sound Saraswati Raman 2014-10-29 Saraswati Ramans interest and dedication to Sahaja Yoga and its meditation led her to explore a course in medicine, leading to an MD in alternative medicine from the Indian Board for Alternative Sciences, Kolkata, and started off on her journey in music too by learning, just to discover the treatments of various diseases through music and Sahaja Yoga meditation. A lady full of positive vibes and approach toward every aspect of life; ever smiling, her journey to explore the culture of our country and its tradition has taken this form of a beautiful compilation of this literature. We are proud to have her as one of the gems of Sahaja yogis that are blooming on this earth. Jai Shri Mataji. With lots of love. Pramila Rao, Krez Kreations, real estate, AdFilms and media During the course of her growth in Sahaja Yoga, she met her music teacher Dr. Arun Apte, who greatly influenced her in music, which was also instrumental in bringing a profound change in her health. She continues to practice singing out of love for music, and its impact on the energy centers. I am sure readers of this book will be greatly benefited. Prabha Narayanan

The Biology of Consciousness JJ Semple 2014-07-03 Kundalini is a biological actuality, a primordial energy in every human being that is capable of modifying DNA in a single lifetime. It's trans-national, trans-cultural, and, most important trans-denominational. All of which speaks to a unified cosmology of life, that we are really intertwined in so many ways, in spite of the self-imposed barriers we erect to separate us from each other and from the super-consciousness that permeates all of existence. If individuals are to achieve self-actualization during a single lifetime, Kundalini will be the gating agent for this evolutionary leap. Whether it's practicing ancient methods of meditation or newly developed methods, Kundalini is the trigger. Meditation may provide the shortest path, but there are other means of achieving the same results, including cases where individuals do absolutely nothing, but are still visited by a spontaneous Kundalini awakening. The one element all these experiences share across the board is a change in metabolism, induced by a process known as sexual sublimation, even though, in some instances, the individuals neither detect nor feel any sexual activity. Some way or other, the subject's metabolism produces a distilled form of sexual energy that gets released into the brain, activating Kundalini, which, managed correctly, restores health, stimulates creative abilities, alters negative behavior patterns, retards the aging process, and expands consciousness. Normally, human growth proceeds in a linear pattern. However, disease, environmental factors, biochemical changes can create genetic mutations, ultimately modifying DNA. Depending on the type of stimulus, these mutations are either beneficial, harmful, or neutral. Kundalini awakenings bring about major beneficial

mutations in their subjects which get passed along in DNA code to the next generation. The Biology of Consciousness examines the idea (for physical scientists, the hypothesis) that consciousness exists outside the body, always has and always will. It is the driver of evolution, among other things, what Gopi Krishna termed "the evolutionary impulse."

Introduction to Sahaja Yoga Shri Mataji Nirmala Devi 2009-12-15 An introduction to Sahaja Yoga created from the words of Shri Mataji Nirmala Devi: this power knows who you are.

Re-evaluating Creativity Lili Hernández-Romero 2017-03-29 This book proposes a groundbreaking approach to the study of personal creativity, linking this to the analysis of the chakras, or centers of energy, of the subtle system suggested by the Eastern philosophy called Sahaja Yoga. It argues that creativity is to be re-learned through a process of self-review, a self-examination which is underpinned by the author's concept of the outsider to the self, a pervasive condition characterized by a tendency to be connected to the outer world at the expense of the inner world. The author analyses creativity from three different but interrelated aspects -the individual, society and education - and maps out a route that may take the individuals into an understanding of blockages in their creative process. It also examines aspects that have contributed to sustain the condition of the outsider to the self, hindering people's creativity. It argues that the traditional education system is both constricting and releasing factor of creativity. Finally, through the use of auto-ethnography, the author reveals a process of blocked and unblocked creativity. This book is a key read for all those interested in psychology, sociology, education and cultural studies.

Cello Chords Bryan Wilson (violoncelliste.) 2011-08-01

Sahaja Yoga Judith Coney 2013-10-18 The first full-length examination of Sahaja Yoga, a new religious movement led by Sri Mataji Nirmala Devi, which claims up to one hundred thousand members from around the world. This is the first full-length examination of Sahaja Yoga, a new religious movement led by Sri Mataji Nirmala Devi, which claims up to one hundred thousand members from around the world. The author examines how newcomers adopt new practices and allegiances on becoming full-time members, and how most develop a radically new awareness of 'spiritual vibrations' as a result of the regular meditation suggested by Sri Mataji. To do so, she reflects upon current theories of socialisation, in particular building up understandings about new social worlds than has so far been appreciated. This accessible and informative account is of particular value to scholars working in the study of religions and new religious movements, and of interest to those working on theories of socialisation. However, the book is required reading for anyone who wants to know more about the contemporary religious landscape.

Sahaja Christopher Greaves 2012-09-11 Who are we? Who are we really? What is our purpose here? And how can we make this a better world? Sahaja Yoga answers these questions. It answers them not only intellectually, in the form of an idea, and not only as a felt response, in the form of a mood of the heart, but also as an actual living happening. Practical, simple, and free, it transforms us from within and thereby brings about the evolution that we seek. Shri Mataji Nirmala Devi, the founder of this Yoga, advised the author of Sahaja that he should write a substantial account of her discovery. This book, whose aim is to offer a rounded understanding of and thorough grounding in Sahaja Yoga, is the

result.

Learn to Meditate S. G. McKeever 1997 Providing the reader with an understanding of the essential principles underlying the practice of meditation, this book explores the topics of spiritual teachers, exercise, diet, sleep and more. In addition the book offers relaxation, concentration, visualisation, and meditation exercises.

Sahaja Yoga Shri Mataji Nirmala Devi 2019-06-01 Shri Mataji writes that "India is a very ancient country and it has been blessed by many seers and saints who wrote treatises about reality and guidelines on how to achieve it." This is just such a book. This book is both an introduction to Sahaja Yoga, describing the nature of the subtle reality within each of us, and a step-by-step handbook on how to be a good Sahaja Yogi, the nature of Sahaj culture, how to be a leader and how to raise children. "The knowledge of Sahaja Yoga cannot be described in a few sentences or one small book, but one should understand that all this great work of creation and evolution is done by some great subtle organization, which is in the great divine form."

One Year in Sahaja Yoga: 1988 Shri Mataji Nirmala Devi 2012-04-01 The events of 1988: Shri Mataji's travels, talks, pujas and advice. From Ganapatipule to Bogota, from Study Camps to Alibag, a history of a special year in Sahaja Yoga.

Sahaja Yoga is Not Shri Mataji Nirmala Devi 2013-01-01 "Sahaja Yoga is not so simple as you think," Shri Mataji told us in 1998. "It is full of temptations." Over twelve pages, in a collection of short quotes, Shri Mataji clearly tells us what Sahaja Yoga is not. The magazine also includes several other articles created from her words. She speaks of collectivity, beauty, fear and incarnations. She speaks at a 1982 Shri Durga Puja, calling it "the Day of the Goddess" and she assures us that there is no problem because there is a special grace.

The Advent Gregoire de Kalbermatten 2003 The Advent proposes and describes a new category of perception: 'vibratory awareness', beyond thought, feelings or instinct, by which all kinds of absolute questions are answered. This awareness itself thinks, organizes and loves. It balances, neutralizes and heals human problems, and relates man to the divine. It has been described in many scriptures, as, for example, divine breath, it is innate in every human being, though unconscious for most. It is known as enlightenment, Self-realization, second birth or mukti and incarnations who have come on this earth at different stages in human evolution have prepared the setting for its manifestation on a mass scale, as the phenomenon of 'collective consciousness'. Readers can personally verify the existence and validity of this awareness, indeed, many already have. Evidently, the one who has introduced this breakthrough leading man to his evolutionary maturity, is a truly unique being. H.H. Shri Mataji Nirmala Devi Srivastava, was born at Chindwara, in central India on 21st March 1923. Many hundreds of thousands now practice Her technique of Sahaja Yoga by which their lives have been transformed. Individually and collectively they are fulfilled, and have become dynamic, compassionate and wise, through the implementation of vibratory awareness in their daily lives. Their model and teacher is their Divine Mother, Shri Mataji, a loving, simple, intelligent, frank and genuine personality. This book is about Her Advent and Her message.

Global Encyclopaedia of Indian Philosophy Nagendra Kr Singh 2010

The Chakras Charles Webster Leadbeater 1987 You have a number of vividly colored, blazing, coruscating whirlpools of energy that serve as your subtle psychic sense organs. C.W. Leadbeater, famous clairvoyant, makes them come authentically alive in living color with ten striking illustrations. Then, with great clarity and simplicity, he explains what each chakra means to your welfare. For you and your body are in truth a great nucleus of potential power! In print since 1927, hundreds of thousands of copies of this book have been sold. It is recognized as a classic of esoteric literature.

The Four Most Effective Drugless Methods of Deliverance from Insomnia and Universal Method of Drugless Treatment for Depression, Chronic Fatigue Syndrome, other Neurological Diseases and Hypertension Sergey Tandilov

2014-03-10 The suggested drugless methods of deliverance from insomnia permit to get rid of dropping-off to sleep disorder (dyskoimesis, initial insomnia) by special energetic and esoteric ways that seems very humane since all soporifics have side effects, they promote appearance of both physical, and psychological dependences and their ability to provide dream reduces with time since an organism accustoms to the soporifics. Besides, frequent visits to a doctor with an aim to get prescription for new portion of soporific become unnecessary. As regards universal method of drugless treatment for depression, chronic fatigue syndrome, other neurological diseases and hypertension, it was created exclusively with intention to help to people suffering from depression, however, it proved to be enough universal that can be explained by that the offered method treats thanks just to the general rejuvenation of an organism. According to the author's opinion, even each healthy person should be engaged in this method for very effective prophylaxis every year two weeks, which are apart for approximately or exactly half a year for ten-fifteen minutes a day. As regards depression, it is considered as one of the most poignant and hard to cure diseases. Many humans sick of depression commit suicide.

The Science of 114 Chakras in Human Body Amit Ray 2015-07-04 The Science of 114 Chakras in Human Body is a guide book written by Dr. Amit Ray in 2015. Ray identified, located and named each of these 114 chakras in the body and the brain in his deep meditation in the Himalaya. In the book he explained the details of these 114 chakras in human body. The hierarchy, the network, and the topology of the chakras are explained in a scientific way. Ray relates the human emotions, behaviors, inner experiences and the deep spiritual experiences in the rich frameworks of 114 hierarchal and intelligent energy vortexes in the brain and the body. Ray discovered the details of the brain-body-behavior and consciousness dynamics including immunity, diseases, perception, attention, language, memory, thinking, behaviors, and consciousness in this rich frameworks of 114 chakras.

At the Sahasrara Shri Mataji Nirmala Devi 2010-01-16 "You may find me walking with you." Shri Mataji is speaking of the second era of Sahaja Yoga when we no longer require her physical presence, but she will be at our side. This magazine also features the 1980 Sahasrara Puja talk, Shri Mataji's words to seekers, an explanation of the ether and how the word "sahaj" means spontaneous.

Forty Years of Sahaja Yoga Shri Mataji Nirmala Devi 2010-04-15 This special issue contains a forty year history of Sahaja Yoga, primarily told through the words of Shri Mataji Nirmala Devi. From the opening of the Sahasrara in 1970, each year is a stepping stone in our collective story. Each of us is a thread in the fabric that is Sahaja Yoga, all those years in the making. Of Sahaja

Yoga, Shri Mataji is the author. Of our ascent, She is the artist.

Medical Science Enlightened Umesh Chandra Rai 1993

Meditation over Medication Ravi K. Puri Ph.D. 2021-07-01 “This book is an eye-opener for those who are not interested in the practice of meditation. Dr. Puri’s life long journey on spiritual endeavor and his expertise in pharmaceutical sciences provide persuasive and realistic views to daily meditation. Scientific validations in support of meditation are commendable.” – (Toshihiko Ezashi, DVM, Ph.D. Senior Scientist, Colorado Center for Reproductive Medicine, Colorado.) “Dr. Puri has written this book to accentuate the importance of meditation. He has done an excellent job in illustrating the significance of meditation in modern life. He has also demystified any doubts, inhibition or myth people may have about meditation. This book is a compassionate gift to all who read it.” – (Linda Castillon, Transcendental Meditation Teacher, St. Louis, & Cape Girardeau, MO). “I got the opportunity of going through the manuscript of Meditation over Medication. I am a ravenous reader and sincerely enjoyed reading it. A highly informative book. Dr Puri has given a clear look into the mind and body and the benefits of Meditation including its pits and falls by combining his knowledge of science and spirituality. A manual to assist the reader towards better health and happiness. Bravo.” – (Cynthia Neff, Regional Sales Director, Holiday Inn & Suites, Columbia, MO). “Well-researched and understandable even by those unfamiliar with the subject. I highly recommend this book to anyone seeking more information on the benefits and side-effects of meditation.” – (Elizabeth Davis, News Paper Columnist and Free Lance Editor, Booneville, MO).

Glory of India 1981