

The Life and Teaching of Omraam Mikhaël Aïvanhov

The Mystery of Light

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PROSVETA

The Mystery Of Light The Life And Teaching Of Omraam Mikhael Aivanhov

Sarah Maria



The Mystery Of Light The Life And Teaching Of Omraam Mikhael Aivanhov:

The Mystery of Light Georg Feuerstein, 1994 *The Mystery of the Light* Georg Feuerstein, 1994-11-01 *The Mystery of Light* Georg Feuerstein, 2012-04-19 The Mystery of Light is the first book length account of the life and teaching of the Bulgarian born spiritual adept Omraam Mikhael Aivanhov 1900 1986 who was one of the twentieth century's greatest luminaries of Western spirituality He was a disciple of the saintly Peter Deunov Beinsa Douno modern Bulgaria's most remarkable spiritual figure In 1937 at the behest of his teacher Aivanhov moved to France where he taught the timeless secrets of a universal gnosticism for nearly a half century This book holds great appeal for seekers both within and outside established spiritual traditions Georg Feuerstein Ph D is an internationally renowned Yoga researcher and historian of religion with thirty books to his credit including the award winning *The Shambhala Encyclopedia of Yoga* and the best selling *Living Yoga* He is also the founder director of the Yoga Research Center and editor of *Yoga World* newsletter **Beyond Power Yoga** Beryl Bender Birch, 2010-06-15 FROM SWEAT TO SAMADHI The Path of ASTANGA YOGA Beyond Power Yoga presents and explores the complete journey of the classical astanga yoga system from power yoga to meditation and liberation Bender Birch's first book the groundbreaking *Power Yoga* introduced one level of astanga yoga to mainstream America a high heat high energy mind body workout Now *Beyond Power Yoga* presents all eight levels or limbs of this ancient method a total practice for body and soul Drawing a parallel between astanga yoga's eight limbs and the mind body energy centers chakras of Eastern philosophy Bender Birch shows us how we can balance and heal our body focus and relax our mind amplify and direct our energy prana and ultimately reclaim our spiritual connection to Universal Consciousness Each chapter offers specific practices to help the reader uncover and experience the insights of the astanga yoga journey The YAMAS Exploring the Fundamentals The NIYAMAS Doing the Work ASANA Practicing the Postures PRANAYAMA Breathing Mindfully PRATYAHARA Turning Inward DHARANA Developing Concentration DHYANA Experiencing Meditation SAMADHI Living Joyfully Presented in the down to earth illuminating style and inspiring voice of the author illustrated with easy to follow photos plus a special wall chart of the asana sequences *Beyond Power Yoga* offers a short form of the dynamic mind body power yoga method then journeys through the deeper levels of spiritual practice **Love Your Body, Love Your Life** Sarah Maria, 2009-10-18 Eating disorders Steroids Plastic Surgery We'll do anything to look better and yet we still feel bad about how we look Self loathing has reached epidemic proportions But there is a way to end self destructive thoughts and behavior In this book noted body image expert Sarah Maria presents her proven five step plan anyone can use to overcome negative body obsession NBO She helps you Commit to change Identify and detach from negative thoughts Discover who you really are Befriend your body Find your purpose Love your body love your life Complete with exercises case studies and testimonials you can learn how to stop obsessing over food and your body and achieve permanent peace with both You'll banish NBO forever and feel healthy radiant beautiful and desirable every day **Through Buddhist Eyes**

Sangharakshita, 2022-08-18 Through Buddhist Eyes continues Sangharakshita's five volumes of memoirs. Covering journeys across five continents and two decades, this volume is made up of nineteen travel letters and one talk. They are Sangharakshita's heartfelt communications to the growing membership of the new Buddhist movement he founded, the Triratna Buddhist Order. **The Writers Directory**, 2013 **Parabola**, 1998 *The Quest*, 1998 **Yoga For Dummies** Georg Feuerstein, Larry Payne, 1999-03-15 Yoga is not a fad. It has been around in the United States for over a hundred years and has a history of approximately five millennia. It is clearly here to stay. Yoga has brought health and peace of mind to millions of people. It can do the same for you. The benefits of Yoga are many. When adopted as a lifestyle, Yoga extends over the entire day. Find out how this can be done and why Yoga is so often loved by people who are interested in becoming more fit and flexible. Looking for stress relief? Seeking to live a more peaceful and joyful life? Yoga For Dummies guides you slowly, step by step, into the treasure house of Yoga. And it is a fabulous treasure house. You will find out how to unlock your body's extraordinary potential and enlist your mind to do so, and in the process strengthen your mind as well. This book covers the following topics and more: Five basic approaches to Yoga; Selecting a Yoga class; Practicing Yoga safely; The mechanics of Yogic breathing; Classic foundational postures; Exercises to target problem areas; Putting together your personal routine; Yoga for special situations. The focus of this book is on Hatha, pronounced haht ha, Yoga, which is that branch of Yoga that works primarily with the body through postures, breathing exercises, and other similar techniques. When necessary, the book provides helpful photos or illustrations to help you better understand the exercises or postures. One author, Georg Feuerstein, is internationally recognized as a leading expert on the Yoga tradition and has authored many seminal works on it. The other author, Larry Payne, has a thriving practice as a Yoga teacher in Los Angeles where he teaches and responds to his clients' specific health challenges. In this book, their combined 55 years of experience have merged to create a reliable and user-friendly introductory book that can also serve you as a beginner's reference work on an ongoing basis.

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