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Sanatan Kriya: Essence of Yoga

By Yogi Ashwiniji

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2011. Hardcover. Book Condition: New. Dust Jacket Condition: New. It was observed by me in the course of my teachings that mostly the students who came were more interested in their present physical well-being than their spiritual evolution. As spiritual evolution is not possible without experiencing financial and emotional stability and physical well-being. I took recourse to ancient Indian sciences of Yoga. Tantra. Spiritual Healing and Nigams and synthesized a simple Kriya. "Sannatan Kriya" (the complete Kriya) to aid a normal being in achieving a balance between the material and spiritual and evolving on both planes simultaneously. In this present book the "Sanatan Kriya" has been presented, in simple language, to satisfy the quest of a normal seeker on all aspects of manifested creation, basic concepts like Kundalini, Shiv Shakti. Shoonya, ego, emotion, etc. This seemingly basic level of the kriya is enough to experientially explain to the reader the power of the ancient Indian sciences. Printed Pages: 75 with CD.



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