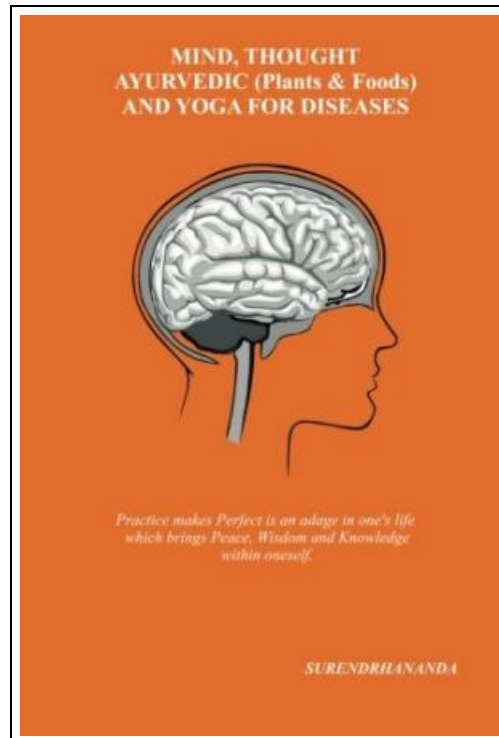


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Trafford Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is about spiritual practices to attain the Ultimate Reality or liberation in human s life and how to use spiritual practice of Yoga path to return to the real abode of God as we are all the images of God. The contents of each chapter is a precious spiritual gem to be applied sincerely in the daily life as an art of living. The first two chapters deal mainly with the disciplines of Yoga and the control of the mind. The practice of Yoga daily is the best way for the cleansing of the body thus living sanely without diseases. As far as the control is concerned, one may easily learn about consciousness, subconsciousness and superconsciousness. It further explains the knowledge of mind-nature and methods of mind-control. The following three reveal the mystery of the thought, its vibrations and thought forms and also processes and means to a control and to adjust thought in our daily life. Chapters four and five deal with Ayurveda or Ayurvedic tenet about plants, herbs, food, fruits and nuts. Finally chapters six to eleven deal with yoga postures to cure chronic diseases. Those diseases which are common nowadays such as high blood pressure, diabetes and spinal backpain have been explained how to be cared with natural remedies. This book is also an unexpected journey beyond modern concepts for the confused or depressed, a blue print for enlightenment, happiness and health. The work based on intensive spiritual research and is the same time an exciting original book that can transform one s life.



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