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a mantra is a mystical energy encased in a sound structure it steadies the mind and leads to the stillness of meditation the modern lifestyle with its excesses and worldly desires the constant need to be connected and the rapid development in technology has made stress and lifestyle related diseases the norm the need for meditation thus is more acute meditation calms the mind brings focus and enhances the senses resulting in a better quality of life and work and with the right mantras meditation becomes a highly effective tool in unleashing the immense potential within oneself this book from the sivananda ashram explains what meditation and mantras are and how they can be effectively used to recharge oneself with divine energy so that the tension of body and mind are gradually reduced

an inspiring often humorous look at swami vishnu devananda the flying swami who spread yoga teachings across the west story is told in tales personal anecdotes and student remembrances

since 1960 more than 1 million people have used this classic guide to tap the incredible power of yoga the attractive new edition in a new size will appeal to a wide audience of contemporary yoga students

realize the power and eternity of every moment meditation is a continuous flow of perception or thought like the flow of water in a river swami vishnu devananda an integral part of all forms of yoga meditation is an important key to achieving peace of mind in our increasingly chaotic lives with regular practice enhancing mental physical and spiritual well being the sivananda companion to meditation outlines a simple step by step guide to the practice of meditation and shows you how to make it a part of your everyday routine you will learn about the beneficial effects of meditation including how this powerful art will help you to reduce stress and experience greater clarity of mind treat health problems ranging from depression and anxiety to insomnia and chronic pain develop your powers of concentration and positive thinking lead a more balanced life in tune with the fivefold path as taught by the sivananda yoga vedanta center the sivananda companion to meditation is geared to beginners as well as those already experienced in the art of meditation regardless of your level this book will help you to attain a state of profound clarity and serenity that will change your life

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

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gleich einer eingerollten schlange ruht die kundalini energie die kosmische urkraft am ende der wirbelsäule durch die stufenweise erweckung dieser energie können wir das höchste die einheit mit dem absoluten erreichen in inspirierender klarheit führt sukadev in die spirituellen geheimnisse der kundalini ein und zeigt wie wir unser leben durch die erweckung der göttlichen urenergie in uns bereichern können erläuterungen zur tantrischen tradition zu reinigungs und erdungsritualen zum astralkörper zu nadis und chakras helfen die kraft der kundalini besser zu verstehen und ermöglichen einen umsichtigen umgang mit spirituellen erweckungserlebnissen so wird die kundalini zu einem inneren abenteuer

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the hatha yoga pradipika is an ancient text used by yogis to create the power this is one of the earliest treatises on hatha yoga all the modern books are based on it this book is intended as an aid for those who wish to learn the advance practices of hatha kundalini yoga from a qualified teacher it is suggested that it also be used in conjunction with complete illustrated book of yoga by swami vishnu devananda the sivananda companion to yoga known as the book of yoga in britain and yoga mind and body many of the instructions given here have been purposely veiled by the original writers others need elaboration and many require the guidance of a teacher for correction swami vishnu devananda has repeatedly stressed that these practices are not for beginners and that to violate this caution is to put the psyche at risk please therefore follow these instructions along with the guidance of your guru a glossary has been prepared for this book for this third edition the hopes that this will be used as a reference manual for serious yoga students on all levels

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fachbuch aus dem jahr 2019 im fachbereich gesundheit sonstiges sprache deutsch abstract dieses buch ist eine sammlung von circa 150 zeitgemäßen yoga lehrbriefen aus heiltherapeutischer sicht daneben finden sich viele einfache meditationsübungen dieses buch beinhaltet keine designten hochglanzbilder keine hochtrabenden fremdsprachlichen yogabegriffe und keine oder kaum anleitungen für die exakte ausführung von asanas yogastellungen atemübungen und anderen yogapaktiken letzteres lernt man auf der yogamatte das bestreben war es genau das niederzuschreiben was ich immer gern in einem yogabuch gelesen hätte denn wir sind europäer die sich zwar gerne mit fernöstlicher weisheit auseinandersetzen von kindheit an aber an analytische kritik gewöhnt sind das hier vertretene yoga bietet weder ambiente ist kein wellnessprogramm noch leistungssport weder auf der yogamatte noch im leben der spagat zwischen fernöstlicher tradition moderne und eigener kultur kann unser leben jedoch enorm bereichern der autor ist heilpraktiker yogalehrer renshi godan permakulturgärtner sowie geisteswissenschaftlich examiniert er unterrichtet und praktiziert seit anfang bzw mitte der 1990er jahre verschiedene kampfkünste yoga nachhaltigkeit spirituelle wege sowie wege der heilung

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