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# Ebook Yoga Practice

**Shasha Hu**



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**Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini (eBook)** Yogani,2006-09-15 Asanas Mudras and Bandhas Awakening Ecstatic Kundalini provides a practical approach for incorporating yoga postures and specialized inner physical maneuvers into a compact daily routine of practices that includes spinal breathing pranayama and deep meditation Kundalini awakening is covered with clarity including a discussion of symptoms and specific methods for self pacing and regulating the inner energies to provide for progressive and safe unfoldment of abiding inner silence ecstatic bliss and outpouring divine love the essential characteristics of rising enlightenment Yogani is the author of two landmark books on the world's most effective spiritual practices Advanced Yoga Practices Easy Lessons for Ecstatic Living a comprehensive user friendly textbook and The Secrets of Wilder a powerful spiritual novel The AYP Enlightenment Series makes these profound practices available for the first time in a series of

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Nirmalananda illumines the practical wisdom of Buddha in the Dhammapada and more importantly and make that makes that teaching relevant to present day spiritual seekers The Dhammapada is the first collection of Gautama Buddha s practical teachings for those seeking Nirvana compiled only three months after his passing away by his enlightened disciples who named it Dhammapada The Way of Dharma It is a distillation of forty five years of the Buddha s teaching Swami Nirmalananda says of the Dhammapada Over and over in the teachings of Buddha we find that he is giving us only that which can be applied in our daily lives in order to fit ourselves for freedom from all that binds us In The Dhammapada for Awakening you will learn An esoteric understanding of the mind and how to deal with it How we create our destinies by our thoughts and actions and how we can use that knowledge to shape a better present and future for ourselves What are the obstacles to reaching our full potential and how we can avoid those obstacles Whether a person is Buddhist Christian Hindu simply spiritual or merely discontent with the status quo of their lives the universal spiritual principles in The Dhammapada for Awakening will prove helpful in empowering seekers to tread the path to Freedom that they may become finders

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