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**Kundalini** - Pandit Gopi Krishna 2019-03-07

"What happened to me that early morning during the Christmas of 1937 changed the course of my life and outlook. I sat in a small room in a house on the outskirts of Jammu. I was meditating. Practice had accustomed me to sit in the same posture for hours without discomfort, and as I sat breathing slowly and rhythmically, my attention was drawn towards the crown of my head, contemplating an imaginary lotus in full bloom, radiating light. I sat unmoving and erect. My whole being was so engrossed in the contemplation of the lotus that for several minutes I lost touch with my body and surroundings. The only object of which I was aware was a lotus of brilliant colour, emitting rays of light. During a spell of intense concentration I suddenly felt a strange sensation below the base of the spine, at the place touching the seat, while I sat cross-legged on a folded blanket spread on the floor. The sensation was so extraordinary and pleasing that my attention was forcibly drawn towards it. My heart beat wildly, and I found it difficult to bring my attention to the required degree of fixity. The sensation extended upwards, growing in intensity. Then, suddenly, with a roar like that of a waterfall, I felt a stream of liquid light entering my brain through the spinal cord. What had happened to me? Was I hallucinating? Or had I by some strange fate succeeded in experiencing the Transcendental? I had read glowing accounts, written by learned men, of great benefits resulting from concentration and of the miraculous powers acquired by yogis through meditation. Was there, after all, really some truth in the repeated claims of the sages and ascetics of India, made for thousands of years that it was possible to apprehend reality in this life if one practised meditation in a certain way? Little did I realize that from that day onwards I was never to be my old normal self again. I had unwittingly and without adequate knowledge, roused to activity the most powerful power in man. I had stepped unknowingly upon the key to the most guarded secret of the ancients, and thenceforth for a long time, I had to live suspended by a thread, swinging between life and death, between sanity and insanity, between lights and darkness, between heaven and earth." An extraordinary autobiographical account of what happens in the mind and body when Kundalini gets spontaneously aroused... one of the clearest journals documenting spiritual transformation and mental evolution onto a higher plane of consciousness.

**Stranger by the River** - Paul Twitchell 2016-09-28

Settle into your favorite chair, and immerse yourself in a new consciousness of love. It's an adventure the likes of which you've never experienced before. A life-enhancing, life-changing adventure of love. A love story in its highest form. Stranger by the River helps you navigate the river of life in the tradition of other classics such as Kahlil Gibran's The Prophet, William Blake's mystical poetry, and the Bible's Song of Solomon. Begin to experience a new consciousness when you see yourself from the perspective of Soul, a divine spark of God. Learn to recognize God's love through your relationships with your spouse or lover, your friends, and your family. You'll thrill to the revelations each new chapter brings. The gentle wisdom revealed in the thirty-four spiritual dialogues between the great ECK Adept Rebazar Tarz and the Seeker comes alive like a fire in your own heart. The beautiful rhythm of Stranger by the River will lift you into a higher understanding of God. You'll delve deeply into the mysteries of love, freedom, death, and your purpose in life. This powerful book will help you discover a life of love. It will forever change your awareness of yourself--as immortal Soul.

**All about Hinduism** - Swami Sivananda 1977

**Advanced Pranic Healing** - Choa Kok Sui 1995-01-01

Advanced Pranic Healing brings important information to more experienced practitioners of this ancient art. It is a book filled with techniques and methods for using ch'i and color prana to produce more rapid healing. It explains the use of the eleven basic chakras, color prana, and preventative healing techniques. It provides treatments for

various ailments such as gastrointestinal, urinary, reproductive, endocrine, skeletal, and muscular disorders, as well as tumors, cancers, and blood diseases. Master Choa discusses divine healing and how the miracle of health is available to us all.

**The Spiritual Exercises of ECK** - Harold Klemp 2011-01-01

**The Kundalini Process: A Christian Perspective** - Philip St. Romain 2017-10-14

In this book, author and spiritual director, Philip St. Romain, presents an understanding of the kundalini process that can help Christians recognize its signs and its place in the spiritual life. Following up on his earlier work, "Kundalini Energy and Christian Spirituality: A Pathway to Growth and Healing," Philip uses the philosophy of St. Thomas Aquinas and more modern approaches to human nature to explain how kundalini is a natural process that is designed to integrate all of the levels of our human nature in deep union with God. He notes that this process is at work in all of us at a very low and gentle level, but that it can become intensified in certain conditions, presenting major challenges and blessings for those who experience such activations. This book is sure to help pastors, spiritual directors, and anyone interested in spiritual growth come to a better understanding of the mysterious transformative power that lies deep within all of us.

**Releasing the Powers of Junior Youth** - 2014

**Bhagavad-Gita as it is** - A. C. Bhaktivedanta Swami Prabhupada 1986

**The Concise Yoga Vāsiṣṭha** - 2010-03-31

The Concise Yoga Vāsiṣṭha a clear, provocative summary of one of the leading texts of Hinduism. Swami Venkatesananda continues the long tradition of elaborating on and clarifying the teachings of the sage Vāsiṣṭha. It captures the verve of the original text while eliminating needless repetition. For the specialist, this book makes available a handy guide to the original Sanskrit without sacrificing philosophical depth. To the comparative religionist, it provides an occasion for understanding how Hinduism has been able to accommodate seemingly opposite schools of thought without giving way to the platitudes which mar many syncretic movements.

**The Magic Presence** - Ray Godfre King 2019-08-20

Facsimile of 1935 Edition. This volume contains the author's second group of experiences with Saint Germain. These experiences were the result of his applying the knowledge he had previously learned, as described in Unveiled Mysteries. "I LEFT you, my reader, at the end of Unveiled Mysteries, with the Great Ascended Master Lanto sending forth His Blessing to America and mankind from the Retreat in the Royal Teton. In this book I shall describe another group of important and wonderful experiences which I was privileged to have during those months of association with our Beloved Ascended Master Saint Germain." Herein the author continues his conversation with St. Germain, an Ascended Master, who is able to manipulate the fabric of reality. In Unveiled Mysteries the author, Guy Ballard, using the pen name Godfré Ray King, describes a series of astral trips in time and space with St. Germain. They travelled to lost civilizations in South America and the Sahara, as well as well-stocked bunkers of the ancients in the Grand Tetons, Yellowstone, and Mount Shasta. The author and St. Germain revisit past lives as citizens of Atlantis and Mu, and they turn out to be relatives. A final chapter mentions encounters with entities from Venus.

**Writings of John of the Cross (Annotated)** - Keith Beasley-Topliffe 2017-04-01

With: Historical commentary Biographical info Appendix with further readings For nearly 2,000 years, Christian mystics, martyrs, and sages have documented their search for the divine. Their writings have bestowed boundless wisdom upon subsequent generations. But they have

also burdened many spiritual seekers. The sheer volume of available material creates a seemingly insurmountable obstacle. Enter the Upper Room Spiritual Classics series, a collection of authoritative texts on Christian spirituality curated for the everyday reader. Designed to introduce 15 spiritual giants and the range of their works, these volumes are a first-rate resource for beginner and expert alike. John of the Cross, a 16th-century Carmelite monk, used vivid metaphors and biblical stories to describe a process of detachment from earthly desires. His experience, which he described as the "dark night of the soul," freed him to receive God's blessings. John's writings have inspired countless Christians over the centuries.

Eckankar - Eckankar 1995

ECKANKAR Ancient Wisdom for Today is an intriguing book that reveals how ancient mysteries of past lives, dreams, and Soul Travel lead to spiritual freedom and truth today.

Sufi Meditation - Lex Hixon 1997

Sufi Meditation presents the highest interpretation of what meditation means in universal mystical Islam. Using examples from the Koran, Orthodox Christianity and modern science, Hixon masterfully explains that Sufi meditation is in fact the consciousness of Divine Reality at all times, and that ultimately there is no separation between meditation and living one's daily life.

**Babaji's Kriya Hatha Yoga** - Marshall Govindan 2016-02

Illustrates various stages in different postures, and explains with easy-to-follow instructions. This title indicates the many benefits of these postures in the healing and prevention of various disorders.

**The Relaxation Response** - Herbert Benson, M.D. 2009-09-22

In this time of quarantine and global uncertainty, it can be difficult to deal with the increased stress and anxiety. Using ancient self-care techniques rediscovered by Herbert Benson, M.D., a pioneer in mind/body medicine for health and wellness, you can relieve your stress, anxiety, and depression at home with just ten minutes a day. Herbert Benson, M.D., first wrote about a simple, effective mind/body approach to lowering blood pressure in *The Relaxation Response*. When Dr. Benson introduced this approach to relieving stress over forty years ago, his book became an instant national bestseller, which has sold over six million copies. Since that time, millions of people have learned the secret—without high-priced lectures or prescription medicines. The Relaxation Response has become the classic reference recommended by most health care professionals and authorities to treat the harmful effects of stress, anxiety, depression, and high blood pressure. Rediscovered by Dr. Benson and his colleagues in the laboratories of Harvard Medical School and its teaching hospitals, this revitalizing, therapeutic tack is now routinely recommended to treat patients suffering from stress and anxiety, including heart conditions, high blood pressure, chronic pain, insomnia, and many other physical and psychological ailments. It requires only minutes to learn, and just ten minutes of practice a day.

**Art of Super-Realization** - Paramahansa Yogananda 1930

By the correct practice of Kriya fourteen times, Maha Mudra twice, and Yoti Mudra twice, twelve years of evolution of body, mind and soul will be gained in a few minutes. Mind can do everything. Through this practice, the time limitation in evolution is overcome, and the receptive power of the spine, brain and mind is increased, so that the Yogi knows, sees and feels all form within. Yoga is the super-method by which the evolution of body, mind and soul can be quickened. That is how the attainment of wisdom and realization, which usually takes a million years and numerous incarnations of natural evolution, is possible in one lifetime. By this exercise, the consciousness which is in the body, and which is identified with the senses, is transferred to the spine and the brain, and thus transmitted into Superconsciousness and Cosmic Consciousness. Kriya is an initiation into Cosmic Consciousness, or the transfer of consciousness from the body to the spirit. In order to do this, one must transfer consciousness from the senses to the spine. After practicing Kriya and resting for a short while, one is able to do inspired work in connection with literature, art of science . then intuition develops of itself, without effort, because one's consciousness is transferred from the senses to the spine and brain. Realization can come only by the development of one's intuition. Remember that through the practice of this lesson you will contact Christ, and the prophets of this world, and through them you will find your union with God the Infinite Spirit.

Miracles Through Pranic Healing - Choa Kok Sui 2000-08-01

Miracles Through Pranic Healing -- all you need is a willingness to help yourself or your loved ones and to follow the step-by-step instructions.

The results will follow. Within a week or two simple ailments can be healed . . . difficult ailments may take longer. This is the basic text used in Pranic Healing courses all over the U.S. While many Americans only work with seven basic chakras, in this process Master Choa also uses the minor chakras in the hands, feet, fingers, throat and neck. His methods for activating healing energy enable you to work with other people without the energy drain that many untrained intuitive healers experience. This is a useful introductory text, containing basic instructions, for any naturally sensitive person who has an interest in this form of healing.

**The Shariyat-Ki-Sugmad** - Paul Twitchell 1999-04-01

You will discover the answer to every human question ever yet, or to be, devised. Its pages tell what life really consists of and how to live it.

**The Crown of Life** - Kirpal Singh 2012

A comparative study of yoga. Including Surat Shabd Yoga - the crown of life.

*Kabir, the Weaver of God's Name* - Virendra Kumar Sethi 1998

Meditation practices for health state of the research - 2009

**Past Lives, Dreams, and Soul Travel** - Harold Klemp 2003

Defining each of the three topics in the title, Klemp then explores them in a way that will change the reader's view of these subjects--and life in general--forever. "An excellent resource to enliven readers looking for more meaning and purpose in their lives."--Gerald Jampolsky, M.D., author of "Love Is Letting Go of Fear."

**The Path of the Masters** - Julian Johnson 1939

**Radhasoami Reality** - Mark Juergensmeyer 1991

Radhasoami Reality explores the emergence of a new religious tradition that is expanding rapidly across North India and throughout the world. Mark Juergensmeyer seeks to explain why the religious logic of Radhasoami, which is based on the teachings of medieval Hindu saints, is so compelling to today's society.

**Pranic Healing** - Choa Kok Sui 1990

Pranic Healing presents a unique holistic approach used to treat a variety of ailments, from fever to heart conditions to cancer. By tapping into pranic or "ki" (chi) energy - the universal force which is our life force - the author presents techniques for beginning, intermediate and advanced healing.

*The Nectar of Instruction* - His Divine Grace A. C. Bhaktivedanta Swami Prabhupada

Eleven Lessons in the Ancient Science of Bhakti-yoga Across five centuries and half the globe comes this compact guidebook of essential spiritual teachings. How to choose a guru, how to practice yoga, even where to live — you'll find it all in this invaluable work originally written in Sanskrit by Srila Rupa Gosvami, the greatest spiritual genius of medieval India. Now translated and illuminated by Rupa Gosvami's modern successor, His Divine Grace A. C. Bhaktivedanta Swami Prabhupada, the Nectar of Instruction is the key to enlightenment for all seekers on the path of spiritual perfection.

*Inner Journey Home* - A. H. Almaas 2004-04-27

What is the soul, and how do we come to know it? What is its journey in life, and what stages and obstacles are encountered along the way? These questions are explored here in detail according to the Diamond Approach, a spiritual path that combines systematic inquiry into personal experience, the practice of traditional spiritual methods, and the application of modern psychological research. The Inner Journey Home is the centerpiece of the Diamond Approach literature, providing a complete overview of the teaching with references to the author's other books for more details on certain topics.

**Hatha Yoga Pradipika** - Svâtmârâma 2022

**Pranic Psychotherapy** - Choa Kok Sui 1993

This companion volume to the author's best-selling book, Pranic Healing, is an advanced guide to using proven pranic healing methods to treat and prevent psychological ailments such as compulsive behaviors, tension, anxiety, stress, phobias, depression, hysteria, impotence, and drug addiction. Easy-to-follow instructions and case studies.

The Ancient Science and Art of Pranic Crystal Healing - Choa Kok Sui 2000

**Mahatma I and II** - Brian Grattan 1994-01-01

What all of mankind have learned in the past about creation is the way that existence isn't -- a paradox! Awaken and realize that all of mankind

will create their "body for Ascension," whether they accomplish this now or later, and that this is not the exclusive domain of Christ or Buddha or many others who have ascended -- this is your birthright. You are not relegated to worshipping those who have already done this very basic initiation called Ascension. Christ and Buddha would be the first to acknowledge that they are just beginners on their eternal journey. When mankind lifts the veils of their unworthiness and recognize that they are the Sons of God, that there is divine equality and no one is greater than another, then you will have begun our journey in the way that it was intended. In your near future your Planetary Hierarchy will release the world from theology, ecclesiasticism and the wrathful Jehovah and return humanity to its rightful journey into spiritualizing matter, not worshipping it! The Mahatma is for those who are motivated to search for the answers that can respond to their mental and spiritual bodies. In the past, mankind's choices of beliefs and religions have supported only the emotional body and the darker, material side of life. And truly, if one is going to remain on Earth, very drastic shifts of consciousness will be required to have mankind remain in Earth's new fourth-dimensional reality. No matter how contrary to your current beliefs, this book contains methods for creating your spiritual Lightbody for Ascension, and it also explains your eternal journey in a way that was never before available to mankind.

*The Student's Pali-English Dictionary* - Maung Tin 2022-10-27

This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization as we know it. This work is in the "public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant.

**Biology of Kundalini** - Jana Dixon 2020-06-10

2nd Edition: A manual for those going through spiritual journeys and kundalini awakenings. Listing symptoms, practices and health suggestions to reassure the reader that transmutation and the evolutionary process of metamorphosis is both normal and essential to the "deeper" experience of being human. Evolutionary biologists and neurologists may find some clues in this book to aid their research.

*Body, Breath and Being* - Carolyn Nicholls 2014-10-10

New fully revised and updated edition, complete with 2 brand new chapters on Chronic Pain and Well-being Developed over a period of 100 years the Alexander Technique has helped people to successfully manage a wide variety of conditions, including back pain, stress, anxiety, ME, and

asthma. The Alexander Technique is not a therapy or an exercise program. It is an in-depth study of how human reaction, co-ordination and movement play a part in everything we do. It has enhanced the performance of athletes, actors, singers and musicians. *Body, Breath and Being* explores the Alexander Technique through the experiences of those who have studied it and benefited from it. *Body, Breath and Being:*

- Is ideal for both beginner and expert
- Includes over 100 full colour photographs and diagrams
- Provides practical experiments in every chapter
- The book offers a new view of the way we use our bodies and the consequences not only on our health, but also our approach to life

**Śrī Upadeśāmṛta** - Rūpagosvāmī 1997

On Hindu spiritual life.

**The Heart's Code** - Paul P. Pearsall 1999-03-10

A fascinating synthesis of ancient wisdom, modern medicine, scientific research, and personal experiences that proves that the human heart, not the brain, holds the secrets that link body, mind, and spirit. You know that the heart loves and feels, but did you know that the heart also thinks, remembers, communicates with other hearts, helps regulate immunity, and contains stored information that continually pulses through your body? In *The Heart's Code*, Dr. Paul Pearsall explains the theory and science behind energy cardiology, the emerging field that is uncovering one of the most significant medical, social, and spiritual discoveries of our time: The heart is more than just a pump; it conducts the cellular symphony that is the very essence of our being. Full of amazing anecdotes and data, *The Heart's Code* presents the latest research on cellular memory and the power of the heart's energy and explores what these breakthroughs mean about how we should live our lives. By unlocking the heart's code we can discover new ways of understanding human healing and consciousness and create a new model for living that leads to better health, happiness, and self-knowledge.

**Unveiled Mysteries** - GodfrĹ Ray King 1935

*Spiritual Diary* - Paramahansa Yogananda 1968-06-01

An inexpensive pocket-size daybook featuring inspiring thoughts drawn primarily from the writings of Paramahansa Yogananda. Covers more than 30 spiritual topics, including Introspection, Humility, Will Power, Compassion, Simplicity, Prayer, Discrimination, and Divine Love. Space for daily notes and personal reflections.

*A Guide to Shaktipat* - Swami Shivom Tirth 1985

Dialogues on the process of awakening shakti towards inner consciousness while performing Yoga.

**The Bhagavad Gita** - Christopher Key Chapple 2010-03-30

An interlinear edition of the spiritual classic that provides devanagari, transliterated Sanskrit, and English versions of the Gītā.