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on yourself?

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or old, can
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Ratnavali is an
anthology of verses
selected by a
medieval ascetic
named Vishnu Puri
from the Srimad
Bhagavata which is
the magnum opus on
Bhakti and is
accepted as
authoritative by all

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schools of
Vaishnavism. Vishnu
Puri has selected
from this vast and
amorphous literature
four hundred and
five verses. In these
verses, the reader
will get a clear
outline of the
doctrine of Bhakti
both in its theory
and practice as

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conceived by the
great devotional text
the Bhagavata.

How can the world's
many religions
overcome ideological
differences and come
together to promote
understanding,
justice and peace? In
this groundbreaking
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from Paramhansa

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Tapping into the
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burden • Improve

your health and
increase prosperity

• Live in harmony
with the universe

Now, with Shakti

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you places you've
never been before . .
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enrich your life.
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detail and with great
humor and insight
the way to practice
the Buddha's
universal teachings
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Maharshi,
Paramhansa

Yogananda, and almost one hundred others. Marion (Mugs) McConnell, Dickman's student, has created a brilliant and loving tribute to her teacher, who founded the Latvian Yoga Society in the early 1930s and later

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spread his knowledge in the U.S. with the blessings of Paramhansa Yogananda, author of Autobiography of a Yogi. Offering a broad range of information on yoga history, theory, and techniques from a variety of different paths, Letters from

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the Yoga Masters contains a treasure trove of previously unavailable material and presents detailed teachings about pranayama, mudras, diet, and much more, all interwoven with stories and personal anecdotes. Taken together, the rare correspondence and

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personal chronicles provide an unparalleled glimpse into the life of a yogi, the development of yoga in the West, and the ways that spiritual wealth is disseminated across generations.

Lejos de reducirse a una combinación de sílabas sin

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significado, un
«mantra» auténtico
-advierde SUAMI
VISHNU
DEVANANDA- es
una energía mística
contenida en una
estructura de sonido
cuyas vibraciones
afectan
directamente a los
«chakras» o centros
de energía del
cuerpo, tranquilizan

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la mente y llevan a la quietud de la meditación.

MEDITACIÓN Y MANTRAS señala las vías para acceder a ese estadio trascendental en que el que se entrega a la meditación alcanza el estado de superconsciencia y

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el conocedor se funde con el conocimiento y lo conocido. Para meditar con éxito, sin embargo, la lectura de los «mantras» debe hacerse en las condiciones adecuadas de respiración, ejercicio, relajación y dieta que «El libro

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backbends -- and each section gently progresses from easy to more challenging. Each pose is accompanied by the name of the pose in English and Sanskrit, the Drishti point (eye gaze), the chakras affected and primary benefits.

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spirit using the
profound power found
in music. This
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will help you to feel
better. Learn to use
music to manage your
stress and reduce
your physical
suffering, whether due
to the everyday
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physical pain. Dr.
Hanser and Dr.

Mandel share
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your powers of
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mind

Rudraksha is an
ancient bead known
for its divinity, positive
results on human
mind and for good
health. The subject is
diverse and complex
due to variety of
opinions and different
descriptions available

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in ancient epics as well as in some recent books. The Rudraksha is greatly respected and revered as Lord Shiva ' s tears – the wearing of which will end sorrows and heal ailments. The Rudraksha is a herb which is good for several diseases as confirmed by the non-

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clinical trials
conducted by
Department of
Pharmacology,
University of Mumbai
and sponsored by
Rudra Life. This
volume is a treasure
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to buy and wear the
Rudraksha or desire
to know more about
the bead.

Vyayama Yoga
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Swami Vivekananda

*revealed to the world the
true foundations of*

India's unity as a nation.

He taught how a nation

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*with such a vast diversity
can be bound together by
a feeling of humanity
and brother-hood.*

*Vivekananda
emphasized the points of
drawbacks of western
culture and the
contribution of India to
overcome those. Netaji
Subhash Chandra Bose
once said: "Swamiji
harmonized the East and
the West, religion and*

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science, past and present.

*And that is why he is
great. Our countrymen
have gained
unprecedented self-
respect, self-reliance and
self-assertion from his
teachings.” Vivekananda
was successful in
constructing a virtual
bridge between the
culture of East and the
West. He interpreted the
Hindu scriptures,*

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philosophy and the way of life to the Western people. He made them realize that in spite of poverty and backwardness, India had a great contribution to make to world culture. He played a key role in ending India's cultural isolation from the rest of the world.

Explains how yoga can promote relaxation,

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improved strength and flexibility, spiritual awareness, and health, and demonstrates a variety of postures and exercises

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

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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

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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*

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*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.*

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*Regardless of your level,
this book will help you to
attain a state of
profound clarity and
serenity that will change
your life.*

*The much-sought-after,
greatly beloved
exploration of the work
of Krishnamacharya,
teacher of many of
twentieth-century yoga's
greatest and most
influential exponents,*

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*'A mantra is a
mystical
energy encased
in a sound
structure . .
. It steadies*

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*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*

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the rapid development in technology, has made stress and lifestyle-related diseases the norm. The need for meditation thus is more acute.

Meditation

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*calms the
mind, brings
focus and
enhances the
senses,
resulting in a
better quality
of life and
work. And with
the right
mantras,
meditation*

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*becomes a
highly
effective tool
in unleashing
the immense
potential
within
oneself. This
book from the
Sivananda
Ashram
explains what*

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*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*

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*are gradually
reduced.*

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Mantras Penguin
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*The popular
names of many
yogic asanas
-- from Virbha
dra-asana and
Hanuman-asana
to Matsyendra-*

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*asana, Kurma-
asana and
Ananta-asana
-- are based
on characters
and personages
from Indian
mythology. Who
were these
mythological
characters,
what were*

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*their stories,
and how are
they connected
to yogic
postures?*

*Devdutt
Pattanaik's
newest book
Yoga Mythology
(co-written
with
international*

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yoga
Devananda

practitioner

Matt Rulli)

retells the

fascinating

tales from

Hindu,

Buddhist and

Jain lore that

lie behind the

yogic asanas

the world

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*knows so well;
in the process
he draws
attention to
an Indic
worldview
based on the
concepts of
eternity,
rebirth,
liberation and
empathy that*

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*has nurtured
yoga for
thousands of
years.*

*Demonstrates
yoga postures,
including some
for children,
the elderly,
and pregnant
women; ,
recommends*

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*breathing
exercises and
meditation;
and discusses
nutrition,
fasting,
relaxation,
stress
reduction
techniques,
and more.
Original.*

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*The Complete
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***Vyayama Yoga is
an energetic and
curative exercise,
easy to practice by
any person of any
age. Its exercises
are easy to
perform and
provide great
benefits, due to
the continuous***

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**coordination
between
movement and
breath. Even
though it
originated in
ancient India prior
to the time of
Buddha, the
persecution the
masters and the
schools were
subjected to,
firstly by the**

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Muslims and then by the British Raj, helped contribute to its disappearance. The basis of its knowledge is found in many tantra texts, but only a few direct vestiges have survived and have been passed down through time, such as

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***certain sculptures
and carvings in
some temples of
India. This book
will become a
historical
document, for
being the first
methodological
Vyayama book
ever published, not
only in Spain, but
in the whole world.
The book will open***

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***the door to a
universe of
possibilities
capable of
improving and
transforming the
quality of life,
health and well-
being of the
practitioner.
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and begin to take
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tensions of
everyday living by
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level.(Content
taken from the
previous edition of
Yoga Mind & Body)
The teachings of
yoga advocate a
vegetarian diet,**

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***with special
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beautiful color
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these delicious, eas
y-to-prepare
recipes have an
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flavor. Begin the
day with Citrus
Slices with
Pomegranate
Seeds and Carrot
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Muffins. Savor***

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***Vegetable Ragout
over brown rice,
and still have room
for a square of
Gingerbread with
Orange Butter
Frosting. Serve
Cinnamon Beans
along with Herbed
Polenta with Corn
for an Italian-
inspired feast.
Treat yourself and
those you love to***

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***and preparing the
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we get to
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about much
more than
achieving the
perfect
headstand or
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these—and
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rooted in the
world in which
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the connective
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vast network
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tissue that
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body, and
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brain, which
needs plentiful
supplies of
oxygen to
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arranged in
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