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PRACTICAL LESSONS IN YOGA By SRI SWAMI SIVANANDA Sri Swami Sivananda Founder of The Divine Life Society SERVE, LOVE, GIVE, PURIFY, MEDITATE, REALIZE

Practical Lessons In Yoga

Book of the Transcendence â€¢ Cosmic History Chronicles â€¢ Volume VI 4 CHAPTER 5
SYNCHROGALACTIC YOGA: THE PRACTICES Synchronogalactic Yoga is a scientific process of self-synchronization that activates our etheric body according

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Home - Yoga and Wellness

A concise introduction to the practice of Mantra meditation. This article was excerpted from the book Japa Yoga.. Japa Yoga. By . Sri Swami Sivananda

Japa Yoga - The Divine Life Society

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A mat is a piece of fabric material that generally is placed on a floor or other flat surface. Mats serve a range of purposes including: serving to clean items passed over it, such as a doormat, which removes dirt from the soles of shoes

Mat - Wikipedia

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Navaratri; Durga Puja; Lakshmi Puja; Kali Puja; Saraswati Puja; Teej; Shakti Peetha

Tantra - Wikipedia

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The OM Mantra is a roadmap for Yoga sadhana, spiritual practices. It is for those who strive to realize in direct experience the depth of the Absolute Reality. There are four main levels of consciousness outlined in the OM Mantra, along with three transition levels, which is a total of seven levels. Each of these is experienced on the inner journey of meditation and contemplation.

OM Mantra / AUM Mantra and Seven Levels of Consciousness

Yogi Bhajan, Ph.D. compiled by Gurucharan Singh Khalsa, Ph.D. The Art of the Gong in Kundalini Yoga Meditation 2000 Kundalini Research Institute

Art of the Gong - Kundalini Research Institute

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2 A chakra is a spinning vortex of energy created within ourselves by the interpenetration of consciousness and the physical body. Through this combination, chakras become centers of activity for

ELEVEN MAJOR CHAKRAS & RELATED MINOR CHAKRA SYSTEM

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