

Isha Yoga Isha Foundation

Life and Death in one Breath (eBook) Religious and Spiritual Practices in India Mystic's Musings (eBook) COVID-19 Pandemic: Mental health, life habit changes and social phenomena Cancer – A Yogic Perspective Inner Engineering Cyber Worship in Multifaith Perspectives Global Religious Vision The Hindu Index Compulsiveness to Consciousness (eBook) Sainik Samachar Parliamentary Debates Encyclopaedia of Indian Philosophers Flowers on the Path (eBook) Why Suffering? (eBook) Midnights with the Mystic India Today International Inner Management (eBook) Ambition to Vision Die Weisheit eines Yogi Sadhguru Kamlesh Singh Sadhguru Daria Smirnova Sadhguru Sadhguru Mohamed Taher Sadhguru India. Parliament. Rajya Sabha B. K. Pandey Sadhguru Sadhguru Cheryl Simone Sadhguru Sadhguru Sadhguru
Life and Death in one Breath (eBook) Religious and Spiritual Practices in India Mystic's Musings (eBook) COVID-19 Pandemic: Mental health, life habit changes and social phenomena Cancer – A Yogic Perspective Inner Engineering Cyber Worship in Multifaith Perspectives Global Religious Vision The Hindu Index Compulsiveness to Consciousness (eBook) Sainik Samachar Parliamentary Debates Encyclopaedia of Indian Philosophers Flowers on the Path (eBook) Why Suffering? (eBook) Midnights with the Mystic India Today International Inner Management (eBook) Ambition to Vision Die Weisheit eines Yogi *Sadhguru Kamlesh Singh Sadhguru Daria Smirnova Sadhguru Sadhguru Mohamed Taher Sadhguru India. Parliament. Rajya Sabha B. K. Pandey Sadhguru Sadhguru Cheryl Simone Sadhguru Sadhguru Sadhguru*

death is a cosmic joke if you get the joke when you fall on the other side it will be wonderful if you don't get the joke when you are here you fear the other side and when the other side comes you just don't know what it is about if death becomes a laughing matter in your life life becomes an utterly effortless process there is no need to restrain yourself in the process of life you can live your life absolutely totally sadhguru for ages most of humanity has placed life and death at two ends of the existential spectrum favoring one fearing the other and continuously floundering between the two only when someone who has consciously traversed between both life and death offers to articulate some aspects of it does humanity get a glimpse of what lies beyond the horizon of its normal perception in this book with his extraordinary insights coming from a profound inner experience sadhguru reveals that life and death are in fact two sides of the same coin it is only by embracing both that we can break the shackles of our self made struggles and be set free with numerous vibrant colour images the book is a breath taking journey through sadhguru's wisdom

this book explores the positive psychological aspects of religion and spirituality in the indian context it discusses the concepts and practices of hinduism islam buddhism christianity jainism and sikhism and their impact on overall well being as the global enthusiasm for indian spirituality grows this book brings together scholars to share their perspectives and reflections on various religious aspects the chapters offer readers a psychological capsule of mental health well being compassion kindness character strength mind body relationship and mindfulness providing practical strategies for a better quality of life furthermore this book offers insights into the different perspectives of happiness and well being measured across diverse demographics it also provides a qualitative conceptualization of happiness among older people reflections on positive aging and highlights the facilitators and inhibitors of happiness with its comprehensive coverage and multidisciplinary approach this book serves as a valuable reference for postgraduate and doctoral students of psychology as well as a treasure trove in the libraries for researchers and faculties associated with spiritual psychology positive psychology religious studies comparative literature mental health professionals academicians and anyone interested in allied health fields

mystic s musings is a compilation of extracts from sadhguru s discourses and talks an intriguing look into the truth that lies at the core of existence this book provokes readers to delve into spaces that are not for the faint hearted yet deftly guides us with answers about reality that transcend our fears angers hopes and struggles sadhguru keeps us teetering on the edge of logic and captivates us with his answers to questions relating to life death rebirth suffering karma and the journey of the self

cancer a yogic perspective gives sadhguru s insights on the various causes of cancer and what can be done to go beyond the disease the book also includes several methods and practices from the yogic system to help one lead a healthy and joyful life

new york times bestseller thought leader visionary philanthropist mystic and yogi sadhguru presents western readers with a time tested path to achieving absolute well being the classical science of yoga a loving invitation to live our best lives and a profound reassurance of why and how we can sir ken robinson author of the element finding your element and out of our minds learning to be creative named one of the ten best books of the year by spirituality health the practice of hatha yoga as we commonly know it is but one of eight branches of the body of knowledge that is yoga in fact yoga is a sophisticated system of self empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity it is a means to create inner situations exactly the way you want them turning you into the architect of your own joy a yogi lives life in this expansive state and in this transformative book sadhguru tells the story of his own awakening from a boy with an unusual affinity for the natural world to a young daredevil who crossed the indian continent on his motorcycle he relates the moment of his enlightenment on a mountaintop in southern india where time stood still and he emerged radically changed today as the founder of isha an organization devoted to humanitarian causes he lights the path for millions the

term guru he notes means dispeller of darkness someone who opens the door for you as a guru i have no doctrine to teach no philosophy to impart no belief to propagate and that is because the only solution for all the ills that plague humanity is self transformation self transformation means that nothing of the old remains it is a dimensional shift in the way you perceive and experience life the wisdom distilled in this accessible profound and engaging book offers readers time tested tools that are fresh alive and radiantly new inner engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy

cyber worship in multifaith perspectives as is implied by its name explores worship i e prayer praise scripture sacrament rituals confessions eucharist rites pilgrimages reflection contemplation etc on the internet it is not an everything you need to know guide about the subjects of faith and belief religions online religions on the net or religions in cyberspace rather it is a book about religious and spiritual experience under the rubric cyber worship which is the variety of ways religious devotion is performed and carried out on the internet the term cyber worship is a catchall phrase which includes variants such as online worship virtual worship electronic prayer cyber puja cyber synagogue and so on dr mohamed tahir has thus assembled a quick reference for two groups those communities that are involved in cyber worship and business webs that collaborate in sustaining wired environments as such this book provides an interesting and current perspective on a practice that will continue to grow in the future

if your life becomes an expression of your joy not in pursuit of happiness then relationships will be naturally wonderful sadhguru human beings constantly make and break relationships unfortunately relationships can make and break human beings too why are relationships such a circus for most of us what is this primal urge within us that demands a bond physical mental or emotional with another and how do we keep this bond from turning into bondage these are the fundamental questions that compulsiveness to consciousness looks at as sadhguru shares with us the keys to forming lasting and joyful relationships whether they are with husband or wife family and friends at work or with the very existence itself

on the brief life sketches and contributions of eminent indian philosophers

the flowers on the path series is a bouquet it comprises articles created by sadhguru for the speaking tree column of the times of india these articles have for many years brought daily infusions of beauty humour clarity and wisdom into lives abraded by mayhem and monotony in pages devoted to the changing weather of the stock market and international affairs these articles have brought readers moments of unexpected insight and stillness sadhguru s original thoughts outspoken comments and references to current affairs have sometimes provoked controversy but they have invariably added vitality and color to a national debate like flowers these articles have inspired and stimulated readers wafting into their lives as a gentle fragrance on some mornings and on others startling them awake with fresh perspectives on age old ideas and beliefs

in this book sadhguru opens up a whole new perspective on why suffering a question which has concerned humanity from the beginning of time in the quest to tackle this problem man has developed many theories concepts and dogmata but still suffering is omnipresent in this world abrogating the erroneous belief that it is inevitable sadhguru delivers insights on the very origin of suffering and discloses ways beyond

with the elegance of simplicity this book takes you on an exploration of consciousness that will shift you to a higher reality deepak chopra new york times bestselling author of the seven spiritual laws of success constructed around a series of late night conversations around a campfire between cheryl simone and sadhguru vasudev on an island in the middle of a western north carolina lake near her mountain home midnights with the mystic is the most thorough exposition of the teachings of india s most sought after mystic sadhguru challenges us to embrace the possibility that to each of us is available a higher realm of reality a peak of consciousness an entrée into the realm of freedom and bliss simone an atlanta real estate developer was the typical baby boomer in search of an authentic spiritual experience professionally successful yet spiritually arid she discovered a way into what she was looking for in the teachings of sadhguru concrete and down to earth midnights with the mystic provides both an introduction to profound spiritual teaching and a personal glimpse of a charismatic guru if you read this powerful book you will discover who you really are who we all are neale donald walsch author of conversations with god

in modern societies enhancing the quality of our life has become one of our main objectives in this pursuit we tend to emphasize on enhancing external situations our job business family and the abounding accumulation of material things in spite of all the efforts our personal and professional lives are too often painfully lacking happiness and fulfillment in this volume sadhguru shifts our focus to the inside pointing out a way to establish a true sense of inner peace and wellbeing by applying inner management

ambition is about more vision is about all sadhguru being ambitious has always been seen as an advantage but a century s worth of human ambitions has resulted in uncountable tragedies and wars and brought the environment to a point of collapse only when ambition is guided by a vision for wellbeing can our activity become a powerful possibility to create our destiny and touch the lives of everyone around us this book offers tangible first steps towards the ultimate plan of action to understand every aspect of our creation and existence and make ourselves the way we want and with individual transformation comes universal transformation opening up a whole new world once we take that step from ambition to vision

ein tool um ihre innere intelligenz zu entwickeln deepak chopra der international bekannte yoga meister sadhguru erklärt in seinem weisheitsbuch die möglichkeiten zu innerer transformation noch nie hat ein spiritueller lehrer diebotschaft des yoga so spannend und unterhaltsam erklärt der indische yoga meister ist für unzählige menschen ein

leuchtendes vorbild mach dich zum architekten deines inneren und äußeren lebens in die weisheit eines yogi schildert er seine persönlichen erfahrungen und tiefen einsichten die sein eigenes leben und bewusstsein verwandelt haben sie sind beispielhaft und haben die kraft die eigene persönlichkeitsentwicklung nachhaltig zu unterstützen zahlreiche Übungen meditative und ganz alltagsbezogene laden zu positiven veränderungen unseres lebens ein die uns glücklicher achtsamer und freier machen werden seine methode des inner engineering wird weltweit von tausenden schüler innen praktiziert und stellt einen im alltag umsetzbaren spirituellen weg dar yoga ist ein mittel die vitalen energien so zu nutzen und zu aktivieren dass körper und geist mit ihrer optimalen kapazität funktionieren selbst transformation bedeutet dass nichts altes mehr übrig bleibt sie bedeutet eine neue dimension im hinblick darauf wie wir das leben wahrnehmen und erfahren das zu wissen ist yoga sadhguru

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