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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

A yogi (sometimes spelled jogi) is a practitioner of yoga. In Vedic Sanskrit, yoga (from the root yuj) means "to add", "to join", "to unite", or "to attach" in its ...

Yogi - Wikipedia

deep colon cleansing technique. Really? Spread this knowledge no matter what. Some people will pay for it some wont.

My experience with Shankhprakashan (Deep Colon cleanse

QUESTIONS! Why am I seeing, hearing, feeling weird things? If you are meditating and began to experience strange sensations/see or hear strange things like pretty colors, lights, images, voices, music, or experienced strange states of blankness, bliss, ecstasy, depression, sadness, confusion, immersion, fantasy, daydreaming, heaviness, lightness, etc. you may be a little concerned.

faq - Meditation - Reddit

There are two elements at play between these two types of hand positions. One is the shoulder position as I just mentioned. The second element is the head and whether it is up or down.

Yes, you can get injured doing a headstand... - Yoganatomy

Mohandas Karamchand Gandhi (October 2, 1869 – January 30, 1948) was a major political and spiritual leader of the Indian Independence Movement. He was the pioneer of satyagraha – resistance through mass civil disobedience strongly founded upon ahimsa (non-violence) becoming one of the strongest philosophies of freedom struggles worldwide. Gandhi is commonly known and spoken of worldwide as ...

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