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Yoga Meditation: Still Your Mind and Awaken Your Inner Spirit

By Stephen Sturgess

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Yoga Meditation: Still Your Mind and Awaken Your Inner Spirit, Stephen Sturgess, Practised authentically, yoga provides us with a starting-point for meditation, which awakens us to our oneness with true reality. This book demonstrates how to use a wide range of yoga postures, purification practices, breathing exercises and meditation practices as a portal to a higher consciousness - with all the everyday benefits implied in that phrase: an enhanced sense of peace, love, joy, happiness, harmony and personal fulfilment. Drawing upon the tradition of Kriya Yoga - the goal of which is to attune one's individual consciousness with the Divine, or Universal, Consciousness - Stephen Sturgess shows us how to progress beyond the supple body to the vital, contented mind. His approach is based on the Yoga Sutras of Patanjali, whose wisdom punctuates the book. If we learn how to interiorize our concentration, and magnetize the spine and brain via the chakras, life energy is drawn back to the original centres of discharge and experienced as light, taking us into the consciousness of the Self. This book will enable you to draw infinite energy into your body, mind and soul. And you...



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