

Tantra The Path Of Ecstasy Georg Feuerstein

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Zeit für Liebe Diana Richardson 2013

Feuerwerk der Lust Mantak Chia 2003

Avatar and Philosophy George A. Dunn 2014-10-27 James Cameron's critically acclaimed movie Avatar was nominated for nine Academy Awards and received countless accolades for its breathtaking visuals and use of 3D technology. But beyond its cinematic splendour, can Avatar also offer us insights into business ethics, empathy, disability, and the relationship between mind and body? Can getting to know the Na'vi, an alien species, enlarge our vision and help us to "see" both our world and ourselves in new ways? Avatar and Philosophy is a revealing journey through the world of Pandora and the huge range of philosophical themes raised by James Cameron's groundbreaking film Explores philosophical issues such as religion, morality, aesthetics, empathy, identity, the relationship of mind and body, environmental and business ethics, technology, and just war theory Examines a wide range of topics from the blockbuster movie, including attitudes toward nature, our responsibilities to nonhuman species, colonialism, disability, and communitarian ethics Written by an esteemed group of philosophers who are avid fans of Avatar themselves Explains philosophical concepts in an enjoyable and accessible manner that will appeal to all levels of readers With a new trilogy of sequels now announced, this is the ideal entry point for understanding the world of Pandora for fans and newcomers alike

Yoga für Menschen von heute André Van Lysebeth 2008

Looking for Tantra Sam Red 2015-09-16 Why did the West put Tantra in the box of erotic sex? How did this conceptual degradation of a millennia-old spiritual path come about? And where, or what, is the real Tantra? In answer to these questions, Sam Red refers to her research, contemplations and direct experiences of the basics of the tantric theoretical framework. In typically candid, inspirational and oftentimes provocative and humorous style, she draws parallels with Taoism and points to tantric techniques that can be used to bring a greater sense of purpose, joy and self-empowerment into everyday living. Sam Red is also author of "She Who is Unto Herself" and "My Name is Joy". Available on Amazon.

Sommermeditationen Václav Havel 2018-04-20 Er hat es immer der besonderen Verantwortung des Schriftstellers abgefordert, sich nicht nur durch sein literarisches Schaffen in den Dienst der Wahrheit zu stellen, sondern sich auch für die Bürger- und Menschenrechte zu engagieren. Am 29. Dezember 1989 wurde Václav Havel, weltberühmter Dramatiker, Essayist und Dissident, Staatspräsident der Tschechoslowakei. Er, der sein Leben lang «in Konfrontation mit der Macht» gestanden hatte, war plötzlich der höchste staatliche Funktionsträger seines Landes. Damals, so schreibt Havel, sei er von der mitreißenden Revolution an die Spitze des Staates getragen worden, aber inzwischen habe sich die Zeit geändert: Der Karneval der Revolution ist vorbei, «der Himmel hat sich bewölkt, die Klarheit und die allgemeine Übereinstimmung sind verschwunden, und auf unser Land warten nicht geringe Prüfungen». Die hier vorgelegten «Sommermeditationen» sind eine Bilanz der «Prüfungen», die - ruinöse Erblast des totalitären Regimes - den Weg zur Demokratisierung säumen. Aber sie träumen auch von einer Zukunft, in der der «Schock der Freiheit» überwunden, «Gleichmacherei, Uniformität, Anonymität und Häßlichkeit» verschwunden sind und die Bürger Selbstbewußtsein und Selbstachtung wiedererlangt haben, ein Gefühl der Mitverantwortung entwickelt und ein neues europäisches Zuhause gefunden haben.

Tantra Hamraz Ahsan 2022-11-01 Tantric rituals are used to connect with divine energies and expand our consciousness. Its practices originate from Indian medieval scriptures and informs strands in Hindu, Jain and Buddhist thought. Yoga, meditation and art all formed a part of

its rich, historic lineage. In this book we uncover and explain the ideas contained within this complex system of thought and introduce simple exercises to put these ideas into practice. Understanding how to weave together the energies within us leads to a completion of the self that feeds ever-greater health and happiness. Sections include: • Scripture and experience • Beginning with the breath • Nyasa and the art of touch • Daily modern rituals

Shakti Mantras Thomas Ashley-Farrand 2009-08-05 *SHAKTI MANTRAS* Tapping into the Great Goddess Energy Within • Enhance your spiritual gifts • Lighten your karmic burden • Improve your health and increase prosperity • Live in harmony with the universe Now, with *Shakti Mantras*, we can all benefit from this ancient practice. Thomas Ashley-Farrand, a Vedic priest, is an American expert in the intricacies of Sanskrit mantra. With nearly thirty years and thousands of hours of experience in chanting, he is supremely well-equipped to write the first book that teaches women (and men as well) to tap into the dynamic feminine energy of love in all its manifestations. By sharing enchanting Hindu myths and astonishing true stories from his own practice, Ashley-Farrand helps us to understand the real power that this age-old art awakens in those who perform it. Through dozens of actual mantras—each one presented with phonetic spelling for easy pronunciation and recommendations for specific applications—he enables us to increase our “shakti” (power) and use it to solve problems, ensure abundance, create health and well-being, summon protection, and invoke personal and universal peace. Whether you’re new to chanting or an old hand, *Shakti Mantras* will take you places you’ve never been before . . . and measurably enrich your life.

Glutenfrei leben für Dummies Danna Korn 2013-08-05 Das Buch umfasst alles Wissenswerte von der Diagnose bis zum Leben mit Zöliakie. Die Autorin macht auf die Risiken aufmerksam und gibt wertvolle Tipps für ein erfülltes Leben trotz Zöliakie. Sie erfahren, worauf Sie bei der Nahrungszubereitung achten müssen, wo Sie glutenfreie Nahrungsmittel erwerben und wie Sie im Supermarktregal glutenhaltige von glutenfreier Nahrung unterscheiden können. Über 50 Rezepte der Deutschen Zöliakie Gesellschaft e.V. zu Frühstück, Snacks, Hauptspeisen, Desserts und Salate runden das Buch ab.

Meditation for the Love of It Sally Kempton 2011-01-01 *Meditation is like a love affair with your innermost self. At times it can be ecstatic and entrancing, other times simple and still—and sometimes you might not even feel its profound effects until later. Now with Meditation for the Love of It, Sally Kempton shares practical secrets to help us turn meditation into an unconditional embrace of the fullness of our experience—on and off the meditation cushion. With the gentle wisdom and compassion of one who understands the nuances of practice, she opens us to the joy of exploring the deep and mysterious inner landscape of the heart, mind, and body. Drawing on her 40 years as a teacher and a fellow meditator, Sally teaches us how we can connect to our inner longings and creative “shakti” energy to allow the transformative gifts and blessings of meditation to unfold. With playfulness and devotion—two key attitudes in sustaining a daily practice—she shares indispensable guidance for this voyage of self-discovery, including: How to tune in to your own “meditation channel,” a bandwidth of tranquillity, energy, and joy Why you don’t need a quiet mind to meditate How the force known as Kundalini can fuel your practice Connecting to your ever-present Inner Beloved to let go of conditioned ideas about yourself and make space for the True Self to come forth Ripening your practice beyond technique into the “sweet mysterious expanse of spontaneous meditation” More than 20 practices for bringing the peace and insight of meditation into your daily life “Remember: what you seek in meditation is your own Beloved, your own inner intelligence, your own Awareness, and your own Truth,” teaches Sally. Meditation for the Love of It points us back to our own intimate heart of hearts, our own deepest experience, and the bliss of existence itself. Contents Introduction: Awakening to Meditation Chapter One: The Lure of Meditation Chapter Two: How Do We Experience the Inner Self? Chapter Three: Preparing for Practice Chapter Four: Choosing the Right Doorway Chapter Five: Moving Inward: The Practice of Oneness Chapter Six: Working with the Mind, Part I: Navigating the Thought-Stream Chapter Seven: Working with the Mind, Part II: Liberating Your Thoughts Chapter Eight: Letting the Shakti Land Chapter Nine: Where Do You Find Yourself? A Road Map to the Meditation Journey Chapter Ten: Coming Out of Meditation: Contemplation, Recollection, and Journal Writing Chapter Eleven: The Daily Life of a Meditator: Holding Inner Attention Chapter Twelve: The Three-Week Breakthrough Program Chapter Thirteen: The Process of Ripening Epilogue: Let the Inner Dance Unfold Praise “This is the classic wisdom of the East, cast in a very personal and accessible form. It is authoritative and inspiring and will make you want to meditate for the highest reasons and in the most effective ways.” —Andrew Weil, MD, author of Spontaneous Healing and Meditation for Optimum Health “A thoughtful, intuitive, and uncommonly well-written book, which can only be welcomed be all*

who follow the way of meditation." –Peter Matthiessen, author of *The Snow Leopard* "Sally Kempton is one of the great realized teachers on the meditation path, whose Integral understanding of life merges seamlessly with her mastery of meditation. She is a guide for our time." –Ken Wilber, author of *A Brief History of Everything* "Love this book! I'm grateful to Sally for this how-to guide to the soul and am excited to deepen my own experience of meditation through her inspiration and guidance." –Seane Corne, international yoga teacher and activist, cofounder of *Off the Mat, Into the World*

The Encyclopedia of Yoga and Tantra Georg Feuerstein 2022-08-16 The ever-increasing popularity of Yoga and related practices makes a desktop reference like this indispensable. With over twenty-five hundred entries and extensive illustrations, it combines comprehensiveness with accessibility. The book is arranged and written in a manner that will inform rather than overwhelm the lay reader, while at the same time offering valuable references for the professional researcher and the historian of religion. This new edition includes information about contemporary Yoga teachers. It also provides fuller descriptions and illustrations of Yoga poses, and features additional cross references.

Wholeness Or Transcendence? Georg Feuerstein 1992-01-01 An important book explaining ancient doctrines with clarity and elucidating the meanings of Yoga.

Embodied Liturgy Frank C. Senn 2016-06-01 *Embodied Liturgy* marks a "return to the body" in thinking about Christian liturgy and sacramental practice. Rooted in phenomenology and incarnational theology, the book gives primary focus to the body as it considers the prayer offices and the liturgical calendar, sacrifices and sacraments, initiation and vestments, ritual theory and play, word and meal, fasting and feasting, penance and celebration, rites of passage, cultural perspectives, and the role of art, music, dance, and drama in worship. The author invites readers to return to the experience of their own body through guided yogic exercises. As a text for students and liturgical practitioners, the volume gives fresh voice to the experience and practice of worship as bodily acts. *Embodied Liturgy* is a dynamic, accessible new resource in liturgical and sacramental theology from one of the premiere scholars in the field. Frank C. Senn distills an established legacy of expertise in an innovative and inviting perspective on bodily acts of worship.

Tantra Hugh B. Urban 2012 Bhadriraju Krishnamurti (1928) is Professor and Head of the department of Linguistics at Osmania University, Hyderabad. He received a B.A. (Hons.) Degree (1948) in Telugu language and literature at Andhra University Waltair and an M.A. (1955) and Ph.D. (1957) in linguistics from the university of Pennsylvania U.S.A.

Holy Madness Georg Feuerstein 2006 This book explores the religious phenomenon referred to as crazy wisdom -- the purposefully outrageous, convention destroying behaviour of spiritual adepts in every great tradition, from Christian Fools for Christ through the Sufi Path of Blame, to the charismatic leaders of new religions. The author explores the core of the spiritual process through eight critical in-depth cameos of holy madness in action in the lives of eight contemporaries, including Chgyam Trungpa, Bhagwan Rajneesh and Aleister Crowley. This revised and expanded edition includes a new assessment of the American guru Adi Da (formerly Da Free John) and the psychopathology of blind faith, using the example of Shoko Asahara (founder of Japan's infamous terrorist sect AUM). The author offers guidelines for choosing a wise, enlightened guide or guru, and tips for avoiding the exploitative.

A Little Book for Lovers Georg Feuerstein 2006 Expands the notion of what love is by offering insights and wisdom on spirituality and intimacy, revealing the mysteries behind love and enabling readers to establish a deeper connection with those around them.

Die Traumfahrt des Parmenides Peter Kingsley 2000

The Deeper Dimension of Yoga Georg Feuerstein, Ph.D. 2003-07-08 "Here is a comprehensive survey of the full breadth and depth of the 5,000-year-old Yoga tradition, emphasizing its potent philosophy and spiritual vision. Georg Feuerstein demonstrates that Yoga is much more than a system of physical exercises—it is a profound path of self-transformation that encompasses a range of teachings, practices, and sacred texts that can help us cultivate wisdom, balance, and inner freedom, as well as physical health. Feuerstein is one of the few Western scholar-teachers of Yoga whose writing and teaching penetrate the full richness and depth of this ancient tradition. Here he offers a collection of essays touching on all facets of the discipline. Topics include: • The different branches and styles of Yoga • The ethical teachings of Yoga • Yoga and vegetarianism • Meditation and mantras • Choosing a teacher • Tantric Yoga • The experience of ecstasy

Herz-Yoga Mark Whitwell 2010

Llewellyn's Complete Book of Chakras Cyndi Dale 2015-11-08 The Ultimate Guide to Chakras and Energy Systems As powerful centers of subtle energy, the chakras have fascinated humanity for

thousands of years. Llewellyn's Complete Book of Chakras is a unique and empowering resource that provides comprehensive insights into these foundational sources of vitality and strength. Discover what chakras and chakra systems are, how to work with them for personal growth and healing, and the ways our understanding of chakras has transformed throughout time and across cultures. Lively and accessible, this definitive reference explores the science, history, practices, and structures of our subtle energy. With an abundance of illustrations and a wealth of practical exercises, Cyndi Dale shows you how to use chakras for improving wellness, attracting what you need, obtaining guidance, and expanding your consciousness. Praise: "In one thoroughly researched and beautifully written book you can learn...what it took ancient seekers a lifetime to uncover."—Steven A. Ross, PhD, CEO of the World Research Foundation and author of *And Nothing Happened...But You Can Make It Happen* "A shining constellation of timeless wisdom and brilliant insights on chakras. This groundbreaking book is an essential conduit to whole-self healing."—Dr. Deanna Minich, founder of Food & Spirit "Expertly researched, well written, and easy to understand. The go-to guide for understanding subtle energy systems."—Madisyn Taylor, bestselling author and editor-in-chief of DailyOM "Cyndi's exploration of cross-cultural systems is stunningly complete...Very impressive."—Margaret Ann Lembo, author of *Chakra Awakening*

Simple Yoga Cybéle Tomlinson 2000-07-31 An easy-to-absorb, practical guide to getting started, and finding the style of yoga that's right for you. From co-director of the Berkeley Yoga Center and *Yoga Journal* contributor Cybele Tomlinson, *Simple Yoga* explains what yoga is, how it evolved in ancient India, and how it can benefit the typically harried Western lifestyle. It gives practical information on: the various yoga styles available in the West, with suggestions on choosing a style and finding an appropriate teacher a basic routine to try on your own a modified routine for the office Also featuring a special chapter on women and yoga, *Simple Yoga* is designed for those who want to give yoga a try—and want a clear, concise guide that can help them begin practicing today.

Das Geheimnis des Lichts Georg Feuerstein 1997

Die Gabe Lewis Hyde 2008

Angels of Desire Jay Johnston 2016-04-08 The idea that the human body consists of 'subtle bodies' - psycho-spiritual essences - can be found in a variety of esoteric traditions. This radical form of selfhood challenges the dualisms at the heart of Western discourse : mind/body, divine/human, matter/spirit, reason/emotion, I/other. 'Angels of Desire' explores the aesthetics and ethics of subtle bodies. What emerges is an understanding of embodiment not exclusively tied to materiality. The book examines the use of subtle bodies across a range of traditions, yogic, tantric, theosophical, hermetic and sufi. 'Angels of Desire' shows the relevance of the subtle body for religion, philosophy, art history and contemporary feminist religious studies and theories of desire.

Meditation für Dummies Stephan Bodian 2015-12-22 Sie hetzen von einem Termin zum nächsten, kommen nie zur Ruhe und wissen gar nicht mehr, was Erholung, innere Ruhe und Ausgeglichenheit sind? Versuchen Sie es mit Meditation. Dafür müssen Sie keineswegs zum einsamen Mönch werden, denn Meditation lässt sich auch in Ihren Alltag integrieren. Lassen Sie sich von Stephan Bodian auf diesem Weg begleiten. Er zeigt Ihnen, wie Sie durch einfache Meditationen Energie und Kraft tanken und wie Sie auch als erfahrener Meditierender mit besonderen Problemsituationen umgehen. Starten Sie Schritt für Schritt eine Reise in Ihr Inneres und finden Sie so zu mehr Ausgeglichenheit und Lebensfreude!

Yoga Morality Georg Feuerstein 2007 Feuerstein thoughtfully explores yogic philosophy and practice to discover what it means to be a mature, moral person. Yoga is a spiritual tradition concerned with personal growth, which conducts the practitioner from a state of inauthentic existence to authentic being.

Eyes Wide Open Mariana Caplan 2009-10-01 The spiritual path is like any other road—it's going to have its share of potholes and detours. Safe travel requires a quality rarely taught yet critically important in today's world: discernment. In *Eyes Wide Open*, Mariana Caplan supports us in cultivating the acute judgment and discrimination that will help us to live a spiritual life with intelligence, clarity, and authenticity. Is enlightenment less about fireworks and bliss and more about dismantling illusions? How do we fully integrate our practice into daily living? What's the best way to work with the ego and the shadow? *Eyes Wide Open* explores these questions and more, offering practitioners from any tradition—or those just getting started—a traveler's guide through "the labyrinth of increasing subtlety" that defines a genuine spiritual life. *Eyes Wide Open* has received the following awards: 2010 Gold IPPY—New Age (Mind-Body-Spirit) 2010 Gold Living Now Award—Enlightenment/Spirituality 2010 Silver Nautilus Award—Spirituality

Erleuchteter Sex David Deida 2012

Der Stammbaum des Yoga Mathias Tietke 2012-10-06 Von den Zweigen und Blüten - den aktuellen Trends im Yoga des 21. Jahrhunderts - bis zu den Wurzeln verfolgt Mathias Tietke die Geschichte und Entwicklung des Yoga von der Gegenwart zurück bis in das 3. Jahrtausend v. Chr., die frühgeschichtliche Zeit der Induskultur in Indien. Das Leben und Werk der großen Philosophen und Meister des Yoga zeichnet er ebenso nach wie die neuen Ansätze, so zum Beispiel Yoga in Verbindung mit modernem Tanz oder als ergänzende Methode in der Drogentherapie. Mathias Tietke verfolgt aber auch jene Spuren, die bislang im Verborgenen lagen und zeigt, dass Yoga nicht durch arische Einwanderer nach Indien kam, sondern bereits vor dieser Einwanderung eine ausgeprägte und fortgeschrittene Yogapraxis existierte, worauf eine Vielzahl von Indizien und Fundstücken hindeuten.

Beyond Power Yoga Beryl Bender Birch 2010-06-15 FROM SWEAT TO SAMADHI: The Path of ASTANGA YOGA Beyond Power Yoga presents and explores the complete journey of the classical astanga yoga system, from power yoga to meditation and liberation. Bender Birch's first book, the groundbreaking Power Yoga, introduced one level of astanga yoga to mainstream America -- a high-heat, high-energy mind/body workout. Now, Beyond Power Yoga presents all eight levels, or limbs, of this ancient method -- a total practice for body and soul. Drawing a parallel between astanga yoga's eight limbs and the mind/body energy centers (chakras) of Eastern philosophy, Bender Birch shows us how we can balance and heal our body, focus and relax our mind, amplify and direct our energy (prana), and ultimately reclaim our spiritual connection to Universal Consciousness. Each chapter offers specific practices to help the reader uncover and experience the insights of the astanga yoga journey. The YAMAS: Exploring the Fundamentals The NIYAMAS: Doing the Work ASANA: Practicing the Postures PRANAYAMA: Breathing Mindfully PRATYAHARA: Turning Inward DHARANA: Developing Concentration DHYANA: Experiencing Meditation SAMADHI: Living Joyfully Presented in the down-to-earth illuminating style and inspiring voice of the author, illustrated with easy-to-follow photos, plus a special wall chart of the asana sequences, Beyond Power Yoga offers a short form of the dynamic mind/body power yoga method, then journeys through the deeper levels of spiritual practice.

Das Buch der Geheimnisse Osho 2020-09-28 Der spirituelle Reiseführer zu umfassendem Erwachen »Das Buch der Geheimnisse« nimmt innerhalb Oshos umfangreichen Werks eine Sonderstellung ein. Formal handelt es sich um einen Kommentar zu einer alten tantrischen Schrift, die Gott Shiva der indischen Mythologie zufolge der Welt übergeben hat. Sein Inhalt bietet einen spirituellen Reiseführer - den Weg zu umfassendem Erwachen mit dem Ziel der vollen Entfaltung unserer Menschlichkeit. »Das Buch der Geheimnisse« wird von Kennern als Oshos große Synthese seiner spirituellen Weltsicht betrachtet. Es enthält 112 Meditationstechniken und das große Versprechen, dass jeder Suchende dort die für ihn stimmige Meditation finden wird. Ein Buch fürs Leben, dessen Gehalt man nicht von heute auf morgen erfassen kann. Wer sich tiefer darauf einlässt, den wird es grundlegend verwandeln. • Das Opus magnum des großen Philosophen und spirituellen Lehrers • Osho war eine der prägenden geistigen Gestalten des 20. Jahrhunderts - ein profunder Denker und begnadeter Meditationslehrer

Die Geschichte der Null Robert Kaplan 2003

Kundalini Gopi Krishna 2009

Suvarnaprabhasottama Sutra Johannes Nobel 1958

The Psychology of Yoga Georg Feuerstein 2014-01-14 How the mind works according to the ancient yogic traditions, compared and contrasted to the approaches of Western psychology--by one of the greatest yoga scholars of our time. Georg Feuerstein begins the book by establishing the historical context of modern Western psychology and its gradual encounter with Indian thought, then follows this introduction with twenty-three chapters, each of which presents a topic--generally a point of correspondence or distinction--between Western and Eastern paradigms. These are grouped into three general sections: Foundations, Mind and Beyond, and Mind In Transition. The book concludes with a brief epilogue as well as three appendices, adding depth to the discussion of the ancient yoga traditions as well as an informative survey of yoga psychology literature. The Psychology of Yoga is a feast of wisdom and lore, assembled from a perspective possible only for one whose monumental scholarship has been tempered and leavened by practice.

Tantra Georg Feuerstein, Ph.D. 1998-07-28 Today's foremost yoga researcher offers a clear and lively introduction to the history, philosophy, and practice of the Tantric spiritual tradition Tantra--often associated with Kundalini Yoga--is a fundamental dimension of Hinduism, emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality. Tantra: The Path of Ecstasy dispels many common

misconceptions, providing an accessible introduction to the history, philosophy, and practice of this extraordinary spiritual tradition. The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are present not only in Hinduism but also Jainism and Vajrayana Buddhism. In this book, Georg Feuerstein offers readers a clear understanding of authentic Tantra, as well as appropriate guidance for spiritual practice and the attainment of higher consciousness.

How soon is now Daniel Pinchbeck 2017-02-20 Wir stehen am Rande einer ökologischen Megakrise. Unser Handeln in den kommenden Jahren wird wohl auch das Schicksal unserer Nachkommen bestimmen. Angesiedelt zwischen Manifest und konkretem Aktionsplan skizziert der radikale Futurist und Philosoph Daniel Pinchbeck eine Vision für eine soziale Massenbewegung, die in der Lage ist, diese Krise anzugehen. Pinchbecks zentrale These: Die Menschheit hat die Katastrophe unbewusst selbst herbeigeführt, um unseren gegenwärtigen Zustand zu transformieren. Wir stehen vor einer Feuerprobe, die notwendig ist, um uns von einem Zustand des Seins zum nächsten zu entwickeln. Basierend auf umfangreicher Forschung bezieht er dabei Energie- und Landwirtschaft, Kultur, Politik und Medien mit ein, vereint indigene Entwicklungsprinzipien und östliche Metaphysik mit sozialer Ökologie und radikalem politischen Denkens. Letztlich stellt How soon is Now? die Natur der menschlichen Seele und die Zukunft unserer aktuellen Welt auf den Prüfstand.

Yoga für Dummies Georg Feuerstein 2020-02-28 Sie suchen körperliche Entspannung und geistige Ruhe im hektischen Alltag? Sie wollen gleichzeitig Ihre allgemeine Fitness, Beweglichkeit und Kraft verbessern? Dann ist dieses Buch genau das Richtige für Sie. Georg Feuerstein und Larry Payne erläutern Ihnen die Kraft des Yoga als Weg zu mehr geistiger und körperlicher Gesundheit. Als Anfänger erlernen Sie in illustrierten Schritt-für-Schritt-Anleitungen die Grundübungen und erfahren, wie Sie aus den vielen verschiedenen Yoga-Richtungen die passende für sich finden. Fortgeschrittene erfahren, wie sie ihr persönliches Yoga-Programm zusammenstellen und perfekt in ihren Alltag integrieren. Kindern, Schwangeren und Senioren ist jeweils ein eigenes Kapitel gewidmet. So findet jeder seinen Weg zu mehr Ausgeglichenheit, Gesundheit und innerer Ruhe.

The Tantric Alchemist Peter Levenda 2015-09-01 The Tantric Alchemist is a work on alchemy as decoded by Tantra and a work on Tantra as understood by alchemists. It uncovers works by Thomas Vaughan and suggests how he and his wife—a 17th-century Welsh couple unique in the history of western alchemy—met their fate when dealing with forces they knew only too well, but which were stronger than their ability to control them. Using the works of Vaughan as his text, Levenda applies the “twilight language” of Tantra to the surreal prose of the alchemist and in the process lays bare the lineaments of the arcane tradition that gave rise to the legend of Christian Rosenkreutz, the reputed founder of Rosicrucianism who learned his art in the East; and to the 19th- and 20th-century occult movements lead by such luminaries as P.B. Randolph, Theodore Reuss, Helena Blavatsky, and Aleister Crowley who also sought (and discovered) this technology in the religions and cultures of Asia. Readers will find that the many disparate threads of an authentic spiritual tradition are woven together here in a startling tapestry that reveals—without pretense or euphemism—the psycho-sexual technique that is at the root of both Tantra and alchemy: that is to say, of both Asian and European forms of esoteric praxis.

Yoga Vanamali Gunturu 2020-08-27 Die philosophische Lehre des Yoga betrifft den Geist ebenso wie den Körper, ja spannt beide zusammen, um zur Vervollkommnung des Menschen zu führen. Während in manchen traditionellen Schulen die körperlichen Übungen eine rein dienende Funktion hatten, drohen sie heute zum Selbstzweck zu werden. Vanamali Gunturu beschreibt die Geschichte des Yoga vom Yogasutra des Patanjali bis zum modernen Hathayoga und zeigt, wie zentral auch heute die Philosophie des Yoga für die Praxis ist.