



## Irash Satva Yoga

By Almine

Spiritual Journeys, United States, 2010. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Yoga, as a spiritual and physical discipline has been practiced in many variations by masters and novices for countless years and is universally accepted as one of the most effective development tools ever created. In its original state, man's physical form was meant to be self-purifying, self-regenerating and self-transfiguring. Being created, it was not real or eternal but could, through pristine living and total surrender, open gates in the body that would allow the Real to permeate and indefinitely sustain it. In IRASH SATVA YOGA, received by Almine from the Angelic Kingdom, this ancient methodology is exponentially expanded and enhanced by incorporating the alchemies of sound and frequency.Using easily mastered postures paired with music from Cosmic Source created specifically for each, the 144 cardinal gates in the mind and body are opened and cleansed of their dross and debris, allowing the practitioner to tap into the abundance of the One Life.



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