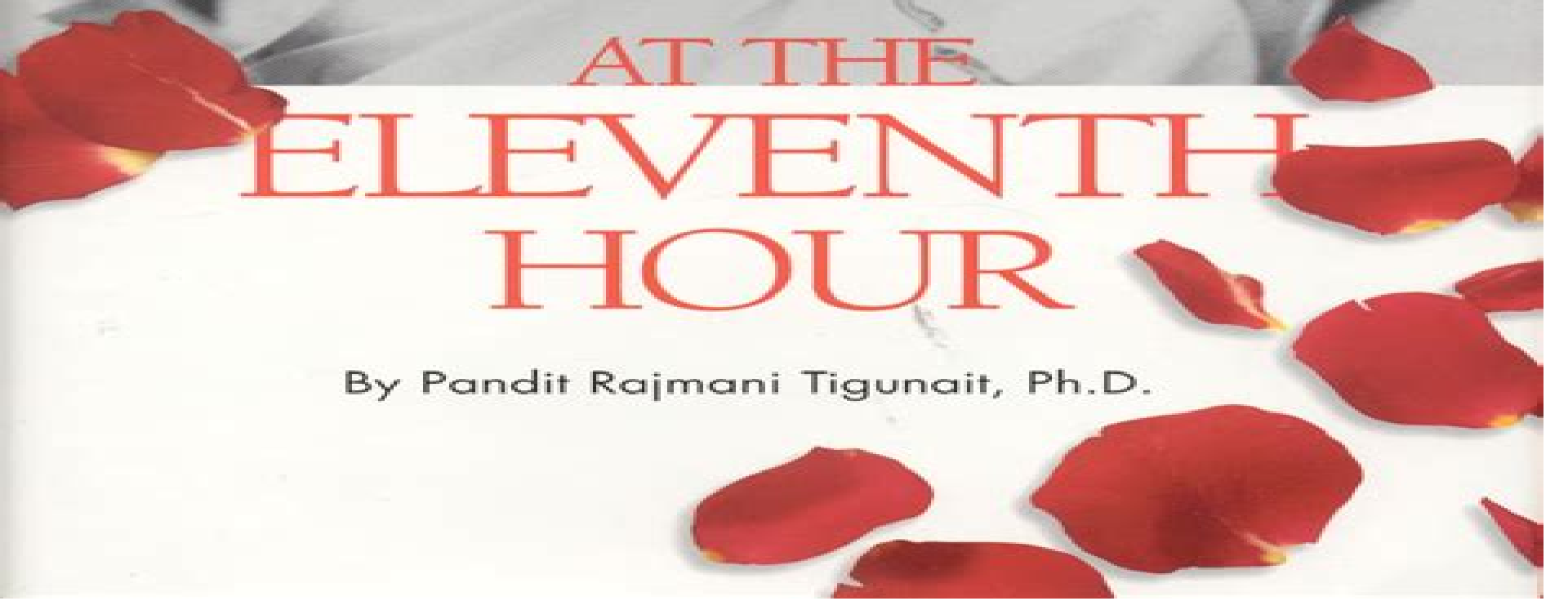


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AUTHOR OF "LIVING WITH THE HIMALAYAN MASTERS"

AT THE
ELEVENTH
HOUR

By Pandit Rajmani Tigunait, Ph.D.



At The Eleventh Hour The Biography Of Swami Rama

Pandit Rajmani Tigunait



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narrators in this volume include a Navy veteran turned computer programmer analyst a dutiful housewife bored by her humdrum life a young schoolboy eager to learn yoga and a purposeless college graduate with an unhealthy lifestyle

Parabola ,1976 **Breath** James Nestor,2020-05-21 THE PHENOMENAL INTERNATIONAL BESTSELLER 3 MILLION COPIES SOLD WORLDWIDE AS HEARD ON STEVEN BARTLETT S DIARY OF A CEO Who would have thought something as simple as changing the way we breathe could be so revolutionary for our health from snoring to allergies to immunity A fascinating book full of dazzling revelations Dr Rangan Chatterjee There is nothing more essential to our health and wellbeing than breathing take air in let it out repeat 25 000 times a day Yet as a species humans have lost the ability to breathe correctly with grave consequences In Breath journalist James Nestor travels the world to discover the hidden science behind ancient breathing practices to figure out what went wrong and how to fix it Modern research is showing us that making even slight adjustments to the way we inhale and exhale can improve our exercise techniques restore healthy sleep patterns and minimise snoring halt allergies asthma and even autoimmune disease Drawing on thousands of years of ancient wisdom and cutting edge studies Breath is full of revelations turning what we thought we knew about our most basic biological function on its head You will never breathe the same again **The Four Desires** Rod Stryker,2012-05-07

According to ancient Yogic tradition your soul has four distinct desires The desire for purpose the drive to become who you are meant to be The desire for the means money security health to prosper in this world The desire for pleasures like intimacy beauty and love The desire for spiritual fulfillment and lasting freedom Learning to honour these four desires is the key to happiness and to a complete and balanced life But how can you discern what will truly satisfy your desires How can you increase your capacity to achieve them What if your desires seem to conflict with one another Is it really possible to live a spiritual life while also wanting material pleasures and success For more than three decades master teacher Rod Stryker has taught yoga in the context of its deepest philosophy His course called The Yoga of Fulfillment has helped thousands recognise their soul s call to greatness and to achieve their dreams Now in this wise and richly practical book he has distilled those broad teachings into a road map for becoming the person you were meant to be It is filled with revealing true stories provocative exercises and practices for unlocking your inner guidance And even if you ve never done a yoga pose you can follow this step by step process to discover your soul s unique purpose the one you came into this world to fulfill recognise

the goal s you need to focus on at any given time and enliven your capacity to reach them overcome self defeating ideas and behaviour recruit your deepest energies and strengthen your resolve to meet any challenge learn to live with joy at every stage of your growth The Four Desires is nothing less than a complete path toward living your best life possible a life that is rich in meaning and in means a life that attracts and emanates happiness a life that is your unique gift to yourself and the world

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