

Kriya Yoga: Insights Along the Path

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Reviews

Comprehensive information for book fans. It is one of the most amazing book i actually have read. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Yoshiko Okuneva)

KRIYA YOGA: INSIGHTS ALONG THE PATH



Kriya Yoga Publications. Paperback. Book Condition: new. BRAND NEW, Kriya Yoga: Insights Along the Path, Marshall Govindan, Jan Ahlund, "My wife, Jan Durga Ahlund and I have recognised for many years the need for a book that would explain to both those interested in learning Kriya Yoga and those already embarked on its path, why they should practice it, what are the difficulties, and how to overcome them. We believe that this book will help prepare everyone for the challenges and opportunities that Kriya Yoga provides. Every one of us faces the resistance of our human nature, ignorance as to our true identity, and karma, the consequences of years of conditioning by our thoughts, words and actions. By cultivating aspiration for the Divine, rejecting egoism and its manifestations, and surrendering to our higher Self, pure Witness consciousness, we can overcome this resistance, our karma and the many obstacles on the path. But, to do so, we need much support and insight along the way." (Marshall Govindan and Jan Ahlund).

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