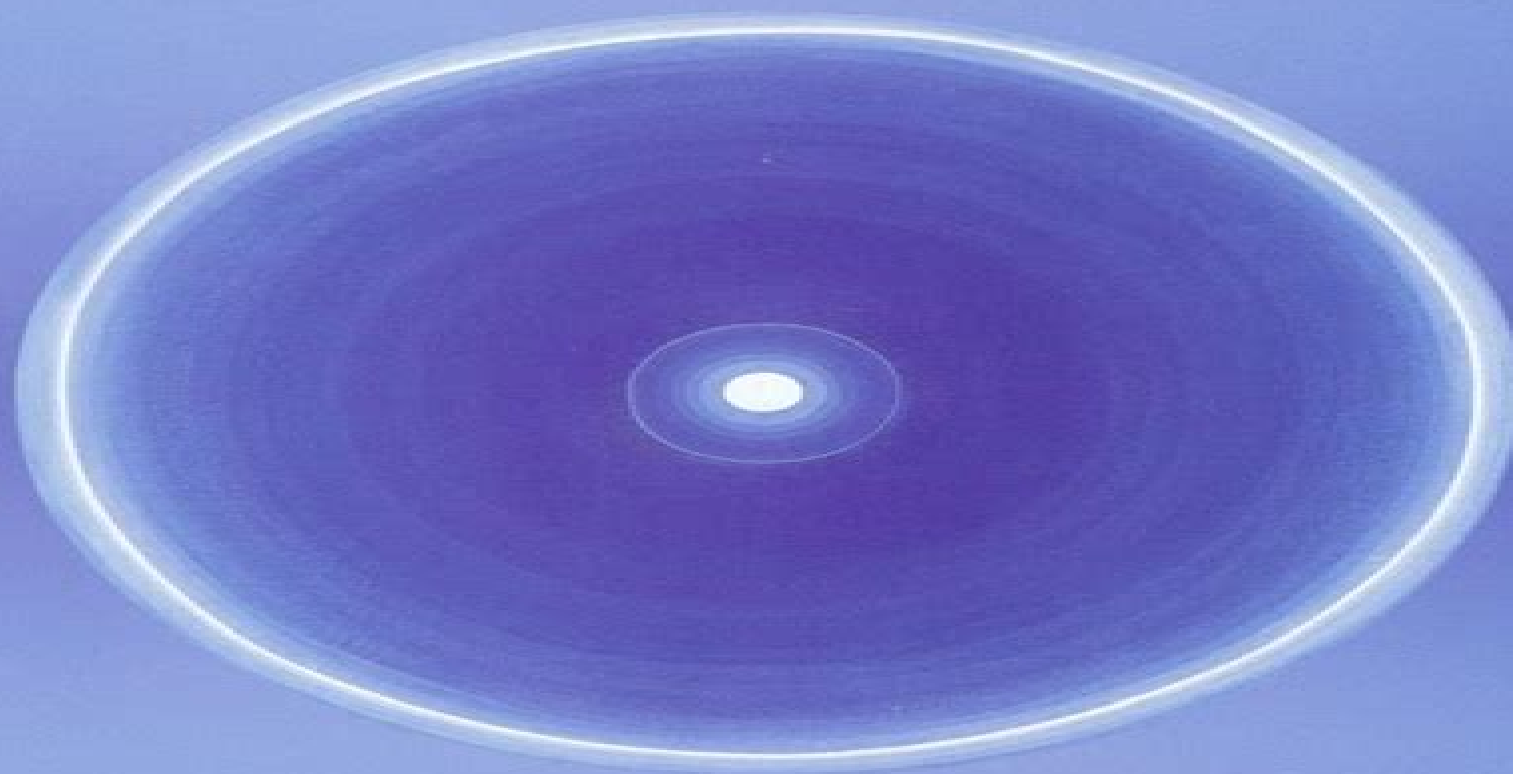


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practice or advance their current practice to a higher level Delphine Channels Founder of ThinkCoach How to Meditate with Jesus brings the teachings we all value love peace joy into a living reality we can all experience through a beautiful daily practice Tonyah shares all she has learned from her journey of pain recovery and healing to find the light weaving it into a gift that will benefit all who use it G Khalsa Emotions Coach and Author *Gayatri* R. K. Madhukar,2014-01-01 Gayatri is a profound prayer It is an authentic prayer that elevates exhilarates and enlightens According to Hindu scriptures a prayer in its real sense is not just chanting of a few verses It is a comprehensive exercise that involves jnana knowledge dhyana meditation and anubhava experience Gayatri Mahamantra is a true prayer that not only reaches out but also reaches in Gayatri is chanted as a Mahamantra worshipped as the Mother Goddess and expressed as a Meter It is not a prayer for worldly and material benefits Gayatri is a prayer for the highest enlightenment It is a prayer that leads to a sublime experience a prayer that opens up our mind and vision body and intellect to a world beyond the worldly attachments It is a prayer that leads to the Ultimate Truth and Supreme Bliss that every enlightened human being seeks Gayatri like the Vedas is meant for the entire mankind irrespective of gender caste creed religion or nationality It is a profound prayer that can touch and transform every human being This book is a good read for everyone who believes in the efficacy of prayer and meditation It is also a good read for everyone who wishes to gain an insight into the breadth and depth of ancient Indian wisdom the Sanathana Dharma This informative book is meant for every generation both young and old How to Meditate Jyotish Novak,2009-01-16 As Yogananda explains the operation of karma death and reincarnation he also shares the deeper purpose of existence for every soul Understanding these truths can bring clarity confidence and inspiration into your life

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met together Righteousness and peace have kissed Truth shall spring out of the earth And righteousness shall look down from heaven Yes the Lord will give what is good And our land will yield its increase Righteousness will go before Him And shall make His footsteps our pathway Psalm 85 10 13 We all have domination over our choice to live life at a higher frequency The fundamental elements of transformation are perception experiences and manifestation Our view of life shapes our desire to live our life to the fullest Perception shapes our degree of saying yes to life Reflection allows us to recognize forgive and let go to shift our present view of life to a higher vibration The higher vibration creates a higher degree of desire to live and let life unfold Life events are lessons or blessings that shape our journey Storytelling is adding the sequence and details to our experiences to understand Sharing those stories with others builds collective hope to change unjust conditions or become a better person Transformation is seen in the manifestation of our life structures We see shifts in our financial egoistic livelihood health spiritual beliefs world views community and relationships We grow stronger in who we are and become beneficial to the community by giving the gift that our soul came to give We say yes to life at a higher level and create more happiness and fulfillment in our lives This is transformation and this is the 8 Degrees of Yes

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