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***Swami Vishnudevananda | Life of a
Yogi | Sivananda Yoga Farm
Vishnudevananda Saraswati was a
disciple of Sivananda Saraswati,
and founder of the International
Sivananda Yoga Vedanta Centres
and Ashrams. He established the
Sivananda Yoga Teachers' Training***

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Course, one of the first yoga teacher training programs in the West. His books The Complete Illustrated Book of Yoga and Meditation and Mantras established him as an authority on Hatha and Raja yoga. Vishnudevananda was a tireless peace activist who rode in

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***several "peace flights" over places
of conflict***

***Mantras - What is a mantra? |
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***In addition to being a tireless
worker for world peace and a
renowned authority on Hatha and***

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Raja Yoga, Swami

Vishnudevananda is well known for his books The Complete Illustrated Book of Yoga and Meditation and Mantras. He also authored a commentary on The Hatha Yoga Pradipika and is the inspiration behind The Sivananda Book of

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The need for meditation thus is more acute. Meditation calms the mind, brings focus and enhances the senses, resulting in a better quality of life and work and with the right Mantras, meditation becomes a highly effective tool in unleashing

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*the immense potential within
oneself.*

***SYVC # 145 Swami Vishnu-
devananda Chants SHANTI
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Vishnu-devananda brought this idea of meditation as well as his other ideas over to North America where his practices would slow down the hectic lives of the citizens down. In 1957 Swami Vishnu-devananda arrived in America. He saw a people who did not take the

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time to relax and live healthily.

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***Based on the “Five Points of Yoga”
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Devananda-ji.+ 5. Meditation
(Dhyana) and positive thinking Here***

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***is the most important point of all,
we become what we think. Thus we
should exert to entertain positive
and creative thoughts as these will
contribute to vibrant health and a
peaceful, joyful mind.***

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qualifying offers. The modern
lifestyle with its excesses and
worldly desires, the constant need***

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*to be connected, and the rapid
development in technology*

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is a mystical energy encased in a*

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sound structure . . . It steadies the mind and leads to the stillness of meditation.'The modern lifestyle with its excesses and worldly desires, the constant need to be connected, and the rapid development in technology, has made stress and lifestyle-related

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diseases the norm.

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Meditation and Mantras: Swami

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Vishnu Devananda ...

***An authentic book on meditation
and the various types of thoughts
that can help or hinder the path to
enlightenment. Unlike some of the
trendy advice out there, this book
goes deep into the ancient practice
and includes teachings on japa***

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*meditation, jnana yoga, raja yoga,
Hindu deities, Sanskrit mantras,
and more.*

*Swami Vishnu-Devananda | Hatha
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***engelsk til markedets laveste pris
og få den straks på mail. A mantra
is a mystical energy encased in a
sound structure . . . It steadies the
mind and leads to t..***

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***Swami Vishnu-devananda |
Mahavidya***

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Swami Vishnu-devananda in his book “Meditation and Mantras” says that, “A Mantra is a mystical energy encased in a sound structure.” Upon repetition of the mantras, the energy is released. Mantras are Sanskrit invocations of the Divine. Sanskrit is also known

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***as Devanagari, or the language of
the Gods.***

***Vishnudevananda Saraswati -
Wikipedia***

***The title is a bit misleading, for this
is definitely not a meditation
manual. He talks about***

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***concentration, yet with only one exercise or two and no gradual plan. --By Adrian S. on April 8, 2006
As the title suggest, this text is an excellent introduction to meditation, mantras, and yoga sutras.***

Meditation and Mantras by Vishnu

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Devananda (ebook)

***And with the right Mantras,
meditation becomes a highly
effective tool in unleashing the
immense potential within oneself.
This audiobook from the Sivananda
Ashram explains what meditation
and Mantras are and how they can***

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be effectively used to recharge oneself with divine energy, so that the tension of body and mind are gradually reduced.

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