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BERNARD, Theos. Heaven Lies Within Us - The Healing Project

BERNARD, Theos: Heaven Lies Within Us, Rider and Co. exhale through the left nostril and then inhale through the same nostril. and exhale through the right nostril. p 159 When the Yogi has perfected the technique of Pranayama. suspend. Kumbhaka is to be done just as long as one can do it comfortably. chest and head.

BERNARD Theos. Heaven Lies Within Us | Yoga | Asana

Heaven Lies Within Us: Yoga Gave ME Superior Health Theos Bernard. 4.3 out of 5 stars 3. Paperback. 8 offers from \$291.68. Theos Bernard, the White Lama: Tibet, Yoga, and American Religious Life Paul Hackett. 4.8 out of 5 stars 7. Hardcover. \$24.77.

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Heaven Lies Within Us: Yoga Gave Me Superior Health by

1 OUR SPIRITUAL LADDER TO HEAVEN LIES WITHIN US! by Fr. Dr. Photios + (W) And when he was demanded of the Pharisees, when the kingdom of God should come, he answered them and said, The kingdom of God

Our Spiritual Ladder to Heaven Lies Within Us!

Heaven lies within us by Theos Bernard Published 1939 by C. Scribner's sons, ltd. in New York .

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BERNARD, Theos: Heaven Lies Within Us, Rider and Co. Men of great mental powers and courage in India. and China have invariably been the product of the teachings and practice of Yoga. pp 46-47 Every system of religion and philosophy in India has recognized Yoga as the most scientific means of realizing truth.

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This is the deeper meaning of terms like "reborn again," "resurrection," and understanding that the real Kingdom of Heaven lies within each one of us. So the focus of this third tier of Initiation is the learning to drink deeply from the power of stillness, the Cosmic Sound Current, and working with the development of the spiritual powers of Siddhis known to the ancient sages.

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Look into every great religious, spiritual, and wisdom tradition, and we find the same precept "that life's ultimate truth, its ultimate treasure, lies within us. As Jesus made unambiguously clear, we can experience this inner treasure" and no experience could be more valuable.

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