

*Spiritual Nutrition Six Foundations For Life And The Awakening  
Of Kundalini Gabriel Cousens*

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Originally published as: Spiritual nutrition and the rainbow diet. Boulder, Colo. : Cassandra Press, ©1986 Includes bibliographical references and index The mystical Kundalini and the six foundations for spiritual life -- Evolution and fruition of Kundalini into liberation -- The chakra system -- Healing unbalanced Kundalini energy -- The six koshas -- Subtle organizing energy fields ...

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Author: Cousens, Gabriel Physical Info: 1.5" H x 8.98" L x 6.1" W (2.16 lbs) 624 pages When we eat, can we feed the soul as well as the body? Can a diet have impact on spirituality? Spiritual Nutrition empowers readers to develop personal diets that are appropriate to their lifestyles and spiritual practices. Drawing on

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Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini Gabriel Cousens North Atlantic Books , 2005 - Health & Fitness - 599 pages

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R.E.A.D Spiritual Nutrition: Six Foundations for Spiritual Life and the Awakening of Kundalini

### **R.E.A.D Spiritual Nutrition: Six Foundations for Spiritual ...**

Satsang, being in the energy of Truth in the presence of a liberated or awakened spiritual teacher. Satsang gives meaning, value, heart, and energy to spiritual wisdom teachings and spiritual life energetics. In the Kabbalah, satsang is termed yechidut. Sangha or kehila (chavurah), which is

spending time with spiritual people or community.

### **SIX FOUNDATIONS - Spiritual Retreat**

Dr. Cousens presents seminars worldwide on many topics including health and nutrition, psycho-spiritual healing, meditation, and spiritual awareness. Dr. Cousens founded and directs the Tree of Life Foundation, Tree of Life Rejuvenation Center, and Tree of Life Health Practice in Patagonia, Arizona.

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### **[P.D.F D.o.w.n.l.o.a.d] Spiritual Nutrition: Six ...**

Spiritual Nutrition BY Gabriel Cousens, M.D., Director of the Tree of Life Rejuvenation Center The Mystical Kundalini and the Six Foundations for Spiritual Life Kundalini Kundalini (Shekhinah in Hebrew) is the inner spiritualizing energy that takes us to the experiences of noncausal ecstasy, joy, peace, love, and God awareness.

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