



## Mind and Body

By P.D. Lal

Gyan Books Pvt. Ltd., 2002. Hardcover. Book Condition: New. This work is a significant guide to a new way of looking at life, a way proven to lead to Higher levels of awareness and satisfaction. In fact The Author explains that the proper way to understand these states of inner Discovery is through discipline of mind and body. He emphasises that the methods of Meditation and chanting can lead us to successful inner journey and self-discovery. The book is written for those persons who seek happiness and heavenly bliss. Thus its comprehensive contents will richly serve the Purpose of the entire humanity including Hindus, Christians, Buddhists and others. Besides this work will satisfy those people who think that Religion is insensitive to human ills and social crimes do not appeal to the modern man. The theme has been well-weaved into fourteen chapters having deep bearing on numerous aspects as explained above. Contents: Preface 1. THE Higher BODY ELEMENT IN MAN : THE ASTRAL CONNECTION : Mind and Body; Man`s Other Bodies; The Astral Body; The Mental Body; The Spiritual Body. 2. BASIC UNITS OF THE BODY : Where Does the Cell Get its Energy From?; What is the Internal Environment...



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