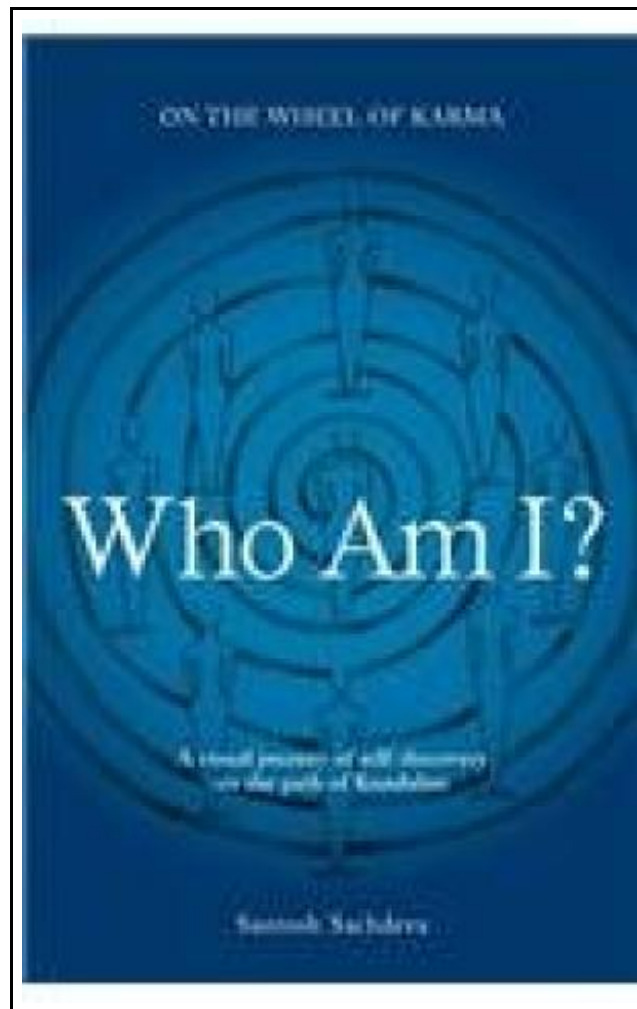


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Reviews

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WHO AM I?: A VISUAL JOURNEY OF SELF-DISCOVERY ON THE PATH OF KUNDALINI



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Yogi Impressions Books Pvt. Ltd., Mumbai, India, 2015. Softcover. Book Condition: New. First Edition. Down the ages, this is the ultimate question that has intrigued aspirants on the spiritual path and has been addressed by renowned sages, time and again. In fact, it was the mainstay of the revered Indian sage, Ramana Maharshi's teaching the core of which was the spirit of continuous self-inquiry. "When this question arose within me," writes Santosh Sachdeva, "my body-mind organism embarked on a roller coaster journey into the subtler realms of existence. I have always held that seeing is believing, and was given a step-by-step visual knowledge that would lead me to the answer. This involved the transformation of my mental, emotional and physical bodies through the practice of Kundalini Yoga and then through Bhakti Yoga, Dhyana Yoga and Jnana Yoga." Santosh's illustrations are based on experiences in her meditations. They are supported with validation of her experiences by various Masters who have also addressed the question of Who am I? in their writings. Bringing together the streams of Kundalini Yoga, Bhakti Yoga, Dhyana Yoga and Jnana Yoga, Who am I? serves as a guide to the infinite possibilities hidden in us and the larger spiritual-scape that opens with self-discovery. Printed Pages: 156.



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