



Living a Bhakti Life: Yoga of Devotion (Paperback)

By A R Pashayan

iUniverse, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In Living a Bhakti Life, author A. R. Pashayan recounts experiencing a spiritual download in 2004 during meditation that literally changed her life. She was tormented with repetitive dreams of death, night after night, brought on in part by a death in the family, stress from work, and no alone time. She, along with a friend, tried analyzing the dreams. Nothing was clear until she took a month-long break in a place that looked like Heaven--Telluride, Colorado, where she finally left her old self behind. Her dreams made sense now. Her spiritual download paved the way for a new level of understanding life, illness, stress, and practical spirituality. She started practicing Bhakti yoga and meditation, and she finally found calm. Bhakti yoga is defined as a spiritual path described in Hindu philosophy used for fostering love, utter faith, and surrender to God. There is only one path to God: the path to grace, or Bhakti. Through yoga and quiet contemplation on top of the mountain, she soon discovered that it was possible to literally be unconditional love. In Living a Bhakti Life, Pashayan...



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Reviews

This kind of pdf is almost everything and made me seeking forward and much more. It is actually packed with wisdom and knowledge You will not really feel monotony at whenever you want of your own time (that's what catalogs are for about when you question me).

-- **Martina Maggio**

It is an incredible publication i actually have actually go through. I really could comprehended everything out of this composed e pdf. Its been designed in an exceedingly simple way and is particularly just following i finished reading this publication where actually changed me, alter the way i think.

-- **Prof. Colton Jakubowski IV**