



The Weiser Concise Guide to Yoga for Magick (The Weiser Concise Guide Series)

Nancy Wasserman

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Yoga today connotes many images and ideas -- from holy men on a high mountaintop to throngs of young women toting designer mats. Yoga, meaning 'union,' is actually a many-layered discipline designed to help an individual attain health, serenity, focus, and ultimately, union with the Divine. Aleister Crowley was one of the first Europeans to practice yoga and believed the practice was essential to spiritual growth, stating that 'Magick is a Pyramid built layer by layer. The work of the Body of Light -- with the technique of Yoga -- is the foundation of the whole.'

This succinct and uniquely helpful book explores the frequently overlooked importance of bringing a healthy body and a clear-thinking mind to the practice of ceremonial magick or Wicca. While many books on magick discuss the importance of ritual, almost none point to the physical, spiritual, and moral quality necessary to make those rituals effective. Spiritual power demands physical health and the contemporary western practitioner can learn much from the ancient tradition of yoga.

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Lauren Joseph:

The Weiser Concise Guide to Yoga for Magick (The Weiser Concise Guide Series) can be one of your starter books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that could increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The author giving his/her effort to set every word into joy arrangement in writing The Weiser Concise Guide to Yoga for Magick (The Weiser Concise Guide Series) nevertheless doesn't forget the main place, giving the reader the hottest and based confirm resource info that maybe you can be among it. This great information could drawn you into new stage of crucial pondering.

Clarence Hamm:

This The Weiser Concise Guide to Yoga for Magick (The Weiser Concise Guide Series) is brand new way for you who has fascination to look for some information mainly because it relief your hunger associated with. Getting deeper you on it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this The Weiser Concise Guide to Yoga for Magick (The Weiser Concise Guide Series) can be the light food for you because the information inside that book is easy to get by anyone. These books build itself in the form and that is reachable by anyone, sure I mean in the e-book contact form. People who think that in reserve form make them feel sleepy even dizzy this publication is the answer. So there is not any in reading a reserve especially this one. You can find actually looking for. It should be here for you actually. So , don't miss it! Just read this e-book variety for your better life as well as knowledge.

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