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Prana dal sanscrito significa “soffio di energia vitale”, “flow” significa flusso. Questo stile di Yoga segue la

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dottrina del grande maestro Krishnamacharya ed è stato modernizzato per assecondare i bisogni dello studente occidentale moderno dalla nota maestra californiana Shiva Rea.. La pratica è caratterizzata dalla fusione tra il respiro e il movimento e le asana (posture dell ...

~~About me, Anna Inferrera~~

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La pratica dello yoga ha infatti come conseguenza l' "apertura" dei chackra e la liberazione della kundalini, ma questi sono rispettivamente dei canali di comunicazione con il mondo occulto e una esoterica "energia" cosmica rappresentata da un serpente annidato nell' osso sacro.

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Jaggi Vasudev afferma che "Senza interrompere nemmeno un giorno, questa semplice pratica yoga che gli fu insegnato di mantenere, lo portò in seguito ad una conoscenza più profonda." Dopo essere stato istruito alla Demonstration School, Mysore nel 1973, si laureò nell'Università di Mysore con una laurea triennale in letteratura inglese. [7]

~~Jaggi Vasudev~~ — Wikipedia

Superando i pregiudizi e il tabù dell' accostamento di sesso e religione o dell' associazione impropria con un manuale del sesso come il Kamasutra, Il Tantra e l' energia della kundalini rappresentano una possibile via di conoscenza spirituale e una dottrina basata sul

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corpo, sull ' energia e su tutte le componenti dell ' essere umano. Non si tratta quindi di un approccio alla pratica di ...

~~Kundalini e la via del Tantra - Lo Sbuffo~~

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Drawing from original texts on self-mastery, Evola discusses two Hindu movements--Tantrism and Shaktism--which emphasize a path of action to gain power over energies latent within the body.

On January 6, 1537, Lorenzino de ' Medici murdered Alessandro de ' Medici, the duke of Florence. This episode is significant in literature and drama, in Florentine history, and in the history of republican thought, because Lorenzino, a classical scholar, fashioned himself after Brutus as a republican tyrant-slayer. Wings for Our Courage offers an

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epistemological critique of this republican politics, its invisible oppressions, and its power by reorganizing the meaning of Lorenzino ' s assassination around issues of gender, the body, and political subjectivity. Stephanie H. Jed brings into brilliant conversation figures including the Venetian nun and political theorist Archangela Tarabotti, the French feminist writer Hortense Allart, and others in a study that closely examines the material bases—manuscripts, letters, books, archives, and bodies—of writing as generators of social relations that organize and conserve knowledge in particular political arrangements. In her highly original study Jed reorganizes republicanism in history, providing a new theoretical framework for

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understanding the work of the scholar and the social structures of archives, libraries, and erudition in which she is inscribed.

The teachings we have come to know as "Traditional Yoga" in the west are, surprisingly, the result of a process of radical transformation, or even of mystification, carried out in the relatively recent past. It spanned back at most 130 years and was influenced heavily by the historical, political and cultural upheavals

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that led to the birth of modern India. During the research that has led to this publication, we came to understand more and more that it was necessary to place yoga in the broader context in which it had been born and evolved. Comparing the information already at hand, i.e., the one contained in the most credited yoga texts and the one transmitted by our teachers, we then began to confront ourselves with documentary and iconographic sources: Indian, Islamic, Greek, Tibetan, Chinese...Inexplicable inconsistencies and bizarre coincidences surfaced. A completely different history of yoga began to emerge behind the veil of myths, beliefs and assumptions we were taught, a "secret" history hidden in plain sight that certainly did not speak

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of an unchangeable "traditional" antiquity, or about philosophies and practices untouched by the ideas of the west.

The Rgveda, the oldest literary record of the Aryan race and the sacred book of the Hindus, has very few authentic translations in English. Most of the translations are only the imitations of interpretations which the mediaeval Hindus, as represented by Sayana, have offered. Griffith's is the only translation which, though guided by Sayana, ventures to deviate from him widely and frequently. It may be ranked as an independent translation hitherto made in English. But this century old translation needed re-editing,

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necessitating a new edition incorporating improvements without disturbing the original. In this edition the Greek letters have been romanized wherever there are references in the footnotes from the Greek language. The system of transcription has been modernized even in regard to Avestan words in the footnotes, following the system of Bartholomae. The complete translation has been published in a single volume for the convenience of the reader. Each and every figure in the index has been duly checked and revised.

"... Cominciai a seguire l'insegnamento del Buddha dal momento in cui capii che il vero e proprio non è una religione - una fede in una Divinità e in una relazione

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con Essa, comunque articolata -, ma un umanesimo e, più concretamente, un sistema etico-psicologico che propone metodi pratici per raggiungere, qui e ora, la piena realizzazione delle proprie potenzialità benefiche. In Occidente, l'insegnamento del Buddha è stato più volte 'interpretato' in senso più o meno teistico: il Buddha come Dio o come sua rappresentazione/manifestazione. Ma quando mi resi conto che il Buddha (il Risvegliato) non pretendeva essere un Dio o un profeta, bensì esempio supremo di ciò che l'essere umano può diventare, mi dissi: "Questo sì che ha un senso: il Risvegliato insegna agli altri, come risvegliarsi". Questo testo vuole contribuire alla comprensione della natura pratica e concreta

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dell'insegnamento del Buddha, il cui cuore è l'esercizio meditativo. Vi sono delineate le sue caratteristiche essenziali, per offrire al lettore non specializzato un'introduzione generale, che possa incoraggiare a farne esperienza. “ Nel 1972 in Sri Lanka (...) ebbi la fortuna di leggere le parole del Buddha: la spiegazione di quello che lui stesso aveva sperimentato, e di come anche altri possano arrivare alla stessa esperienza. E così scoprii la straordinaria semplicità e la profonda concretezza del sentiero di quiete e visione profonda, da lui indicato. Mi dedicai, quindi, allo studio dell'antica lingua pali e dei testi. Nel 1974 feci un corso di meditazione Vipassana con il maestro indo-birmano S.N. Goenka; questa pratica dell'insegnamento del Buddha mi

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convinse ad accettare la sua validità , come guida di vita, e ad impegnarmi da allora al continuativo esercizio meditativo di Vipassana. Ben sapendo che è una strada lunga, a ogni passo mi appare giusta e benefica."

In this first volume of the collected talks and essays of Paramahansa Yogananda, readers will journey through some little-known and seldom-explained aspects of meditation, life after death, healing, and the power of the mind.

This book is written in a simple and easy-to-understand language by scientist-biologist Dr. Vladimir Antonov. It covers the essential issues: what is God, the place of

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human being in the Evolution of the Universal Consciousness, principles of forming and correction of destiny, ways of attaining health and happiness, most effective methods of psychic self-regulation, about spiritual development and cognition of God.

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