

Isha Yoga Isha Foundation

Yoga Journal Mystic's Musings (eBook) Mindfulness, Mind-body Exercises, and Health Promotion Life and Death in One Breath Food Body (eBook) Cancer – A Yogic Perspective Happy Forever: The Art and Science of Everlasting Happiness Of Mystics & Mistakes What They Don't Teach you at IITs and IIMs! Religious and Spiritual Practices in India Death Sociology of Medical Tourism Yoga Journal Death Joy 24 X 7 The Healing Power Yoga Journal COVID-19 Pandemic: Mental health, life habit changes and social phenomena Encounter the Enlightened (eBook) Ashok kumar khanna Sadhguru Guodong Zhang Sadhguru Isha Foundation Sadhguru Dr Narendra Kumar Arya Sadhguru Dr Mukesh Jain Kamlesh Singh Sadhguru C. Gobalakrishnan Sadhguru Jaggi Vasudev Jeetendra Jain explores Joy with Sadhguru Roshan Ahmed Daria Smirnova Sadhguru Ashok kumar khanna Yoga Journal Mystic's Musings (eBook) Mindfulness, Mind-body Exercises, and Health Promotion Life and Death in One Breath Food Body (eBook) Cancer – A Yogic Perspective Happy Forever: The Art and Science of Everlasting Happiness Of Mystics & Mistakes What They Don't Teach you at IITs and IIMs! Religious and Spiritual Practices in India Death Sociology of Medical Tourism Yoga Journal Death Joy 24 X 7 The Healing Power Yoga Journal COVID-19 Pandemic: Mental health, life habit changes and social phenomena Encounter the Enlightened (eBook) Ashok kumar khanna *Sadhguru Guodong Zhang Sadhguru Isha Foundation Sadhguru Dr Narendra Kumar Arya Sadhguru Dr Mukesh Jain Kamlesh Singh Sadhguru C. Gobalakrishnan Sadhguru Jaggi Vasudev Jeetendra Jain explores Joy with Sadhguru Roshan Ahmed Daria Smirnova Sadhguru Ashok kumar khanna*

for more than 30 years yoga journal has been helping readers achieve the balance and well being they seek in their everyday lives with every issue yoga journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds we are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

mystic s musings is a compilation of extracts from sadhguru s discourses and talks an intriguing look into the truth that lies at the core of existence this book provokes readers to

delve into spaces that are not for the faint hearted yet deftly guides us with answers about reality that transcend our fears angers hopes and struggles sadhguru keeps us teetering on the edge of logic and captivates us with his answers to questions relating to life death rebirth suffering karma and the journey of the self

high intensity sports and physical exercise have been linked to various health benefits however when it comes to increasing longevity these activities may not be an ideal option for the general population mind body exercise which combines physical exercise with mindfulness may be more effective in promoting and restoring health especially for those with chronic symptoms or poor health conditions many mind body exercises such as taichi qigong chan chuang and yoga have their roots in eastern cultures they have gained popularity around the world and became a new fashion in the post covid 19 era these exercises typically help practitioners shift their focus from the outside world past or future to the present moment through gentle body movements mind body exercises emphasize the body's innate ability to heal itself by disconnecting from the noisy outside world the body is given the opportunity to heal this aligns with the classic belief in chinese medicine that the body itself is the best medicine

for ages most of humanity has placed life and death at two ends of the existential spectrum favoring one fearing the other and continuously floundering between the two only when someone who has consciously traversed between both life and death offers to articulate some aspects of it does humanity get a glimpse of what lies beyond the horizon of its normal perception with his extraordinary insights coming from a profound inner experience sadhguru reveals that life and death are in fact two sides of the same coin it is only by embracing both that we can break the shackles of our selfmade struggles and be set free in his own words he says death is a cosmic joke if you get the joke when you fall on the other side it will be wonderful if you don't get the joke when you are here you fear the other side and when the other side comes you just don't know what it is about if death becomes a laughing matter in your life life becomes an utterly effortless process there is no need to restrain yourself in the process of life you can live your life absolutely totally the distance between your life and death is just one breath isn't it sadhguru

food has gotten complicated in the twenty first century choosing our food is no longer about fruits vegetables grains and other such obvious ingredients we now have to contend with calories of two kinds no less empty and non empty fat and protein content protein also being

of two kinds protein from plants as opposed to protein from animals confusing nutrition labels and precise serving quantities added to this is the unruly flood of books tv shows and nutrition experts proffering advice on the best kind of diet for you paleo diet vegan diet detox diet and so on so forth this book is not meant to contribute much to that flood which is why it is just 33 pages with a lot of pictures so you don't have to do too much reading there are tips and guidelines and a few nutritional facts but the real essence of the book is epitomized by the title itself food body as sadhguru says food is about the body to eat intelligently means to understand and supply the kind of fuel the body is designed for so that it can function at its best food body is a first step for you to tune into your body and figure out for yourself what suits you best it opens up the opportunity to experience the true joy of eating and the possibility for our food to be something more than just a means of physical sustenance interspersed with sadhguru's wisdom the book looks at the kind of foods that the body is most comfortable with and explores the most appropriate ways of consuming such foods it also touches on the latest research which reveals some shocking truths about foods we commonly consume look out for the did you know and keep in mind sections which offer tips and interesting facts about food and ingredients and be sure to try out the simple recipes at the end

cancer a yogic perspective gives sadhguru's insights on the various causes of cancer and what can be done to go beyond the disease the book also includes several methods and practices from the yogic system to help one lead a healthy and joyful life

man has been in pursuit of happiness from time immemorial many people derive their happiness from cultural activities like singing dancing festivals celebrations etc whereas people also feel happy when they achieve something whether in sports academics profession etc people also draw their happiness while doing their duties due to a feeling of satisfaction whereas some people feel happy about their virtues like honesty integrity truthfulness etc there is a full spectrum of happiness however nowadays many of us find that happiness does not last long and we feel some kind of sadness frustration or other negative feelings for quite a significant period of our time even those who feel happy would like to increase their happiness in order to feel the thrills joy and all kinds of positive emotions in fact all of us want to remain happy forever and to achieve that it is important to understand the concepts methods and science of happiness taking inputs from modern psychology and spiritual thoughts happiness can be categorized as happiness from virtues satisfaction in life positive emotions and bliss achieving happiness in all four categories is the mantra to remain

happy forever in this book all the past and present concepts along with the vast experience in conducting happy forever sessions has been used to bring together a very practical and pragmatic approach in simple and easily understandable language

there are only two types of people mystics and mistakes says sadhguru leaving readers in no doubt of the category to which they belong that sounds damning but mistakes can thankfully be rectified and that is the hope this book holds out to seekers it reminds us that each one of us can make the journey from confusion to clarity from error to enlightenment from self deception to self discovery if only we choose

in the bustling realm of education certain institutions have emerged as iconic hubs of intellectual rigor and unparalleled prestige among these the indian institutes of technology iits and the indian institutes of management iims shine brightly revered as beacons of academic excellence and incubators of future leaders these institutions known for their rigorous curriculum and highachieving students have long been associated with the pursuit of technical and managerial mastery yet as our understanding of education and personal growth expands it becomes increasingly apparent that knowledge transcends the boundaries of any particular domain education is not confined to textbooks and lecture halls alone but extends far beyond to encompass the multidimensional facets of human existence this book what they do not teach at iits and iims seeks to bridge the gap between conventional education and the profound wisdom offered by psychologists neurologists and the popular authors it invites readers to explore the untrodden paths of selfawareness emotional intelligence and personal development crucial aspects that are often overlooked in traditional academic settings in a world driven by rapid technological advancements and the relentless pursuit of success it is essential to pause and reflect on the true purpose of education while technical skills and managerial acumen undoubtedly play a pivotal role they are only a fraction of the expansive mosaic that shapes a wellrounded individual by delving into the realms of psychology neuroscience and timeless philosophical wisdom we embark on a transformative journey that can enhance our understanding of ourselves and others enriching our lives in unimaginable ways

this book explores the positive psychological aspects of religion and spirituality in the indian context it discusses the concepts and practices of hinduism islam buddhism christianity jainism and sikhism and their impact on overall well being as the global enthusiasm for indian spirituality grows this book brings together scholars to share their perspectives and

reflections on various religious aspects the chapters offer readers a psychological capsule of mental health well being compassion kindness character strength mind body relationship and mindfulness providing practical strategies for a better quality of life furthermore this book offers insights into the different perspectives of happiness and well being measured across diverse demographics it also provides a qualitative conceptualization of happiness among older people reflections on positive aging and highlights the facilitators and inhibitors of happiness with its comprehensive coverage and multidisciplinary approach this book serves as a valuable reference for postgraduate and doctoral students of psychology as well as a treasure trove in the libraries for researchers and faculties associated with spiritual psychology positive psychology religious studies comparative literature mental health professionals academicians and anyone interested in allied health fields

yogi mystic and bestselling author sadhguru provides a deeper understanding of death so that we can live more fulfilling lives death is an inevitable part of our lives yet most societies have struggled to come to terms with it today we continue to grapple with the enduring questions what is death why do we fear it what happens after death is it an end or a doorway to something beyond in this unique clear sighted exploration of death sadhguru dwells extensively upon his inner experience as he expounds on the deeper aspects of death that are rarely spoken about what if death is not the catastrophe it is made out to be but an essential aspect of life rife with spiritual possibilities for transcendence avoiding death is avoiding life our fear of death is really a fear of loss sadhguru shows us how to go beyond that fear so that it no longer rules our behavior he invites you to explore how living with an awareness of mortality can allow you to experience life more deeply coming to terms with death will ensure that you live purposefully striving to make each moment as beautiful as it can be sadhguru also breaks down the mysteries surrounding death including practical aspects such as what preparations one can make for one's death how best we can assist someone who is dying and how we can continue to support their journey even after death drawing from profound wisdom and his own transformative journey sadhguru delivers an entirely new and necessary perspective death not as an end but part of the continuum of existence

tourism is a global phenomenon because it is an important even vital source of income for many countries in the world its importance was recognized in the manila declaration on world tourism of 1980 as an activity essential to the life of nations because of its direct effects on the social cultural educational and economic sectors of national societies and on

their international relations and its indirect effects on the development of allied industries like transport hotel etc medical tourism is one form of tourism and which means a journey that patients take from one country to another country to get cost effective and efficient medical treatment followed by a great vacation at some of the most beautiful locations india is one of the major players in this industry currently it hosts about 1.27 million medical tourists from industrialized countries like uk usa and canada and from its neighboring countries such as bangladesh sri lanka and china its foreign exchange earnings from medical tourism are estimated to be around us 1.8 billion the estimated number of medical tourists in india in 2015 would be between 1.21 million and 2.78 million the estimated revenue would lie between us 1719 million to us 3964 million in 2015 medical tourism industry in india has potential to contribute around 25 percent to the country's gross domestic product in the next five years if fully tapped the present book titled sociology of medical tourism highlights various dimensions identifies different issues and suggests further development of this multimillion dollar industry in india in an in depth manner medical tourism is one of the most important trust areas which emerge in the past century and because of its multiple level of use it also become subject matter of research in various subjects including sociology it is hoped that this book with its wide ranging and in depth content critical insights and detailed analysis of the concept prove to be immensely resourceful to the readers i also assure that this book should be proven an informative referral for those who are working and doing research in the field of medical tourism

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joy 24x7 is a very simple but unusual exploration of joy there is no religion in this book there are no rituals prescribed here there is no deep meditation being described here and neither is there any mention to any spiritual practice this is not a guidebook this is not a self help book it is not going to give you an instant formula for joy but it will surely make you explore your joy for yourself in a very direct way the simple short snippets of daily lives connected with what sadhguru has to say about joy will take you on a wonderful roller coaster ride on joy with the master himself with sadhguru's incredible clarity of expression his brilliant wit and sense of observation his ability to bring the most profound aspect in a very simple and direct way this book is for any human being who seeks to be joyful no matter who you are what you are trying to do sadhguru's words will touch a wonderful wave of joy inside you and you will soon be restless to seek joy 24x7

this little gem of a book about the healing powers of reiki deals with the subject from a very original angle roshan ahmed approaches the subject from the most important angle of all namely the spiritual basis

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sadhguru presents a rare glimpse of undiluted truth from discourses given to seekers at the isha yoga center and around the world a tool of tremendous value in an age imprisoned by materialism and dogma these dialogues are an essential key to inner exploration of the profound questions of humanity who am i why are we here what is the meaning of life the

master speaks with undeniable logic and wisdom that penetrates the deepest realms of our heart and soul

sweat and soar experiences is a reflection on the journey of ashok khanna born in 1954 whose life has been a testament to the unpredictable nature of existence through the lens of personal as explored in these pages is a complex tapestry of uncertainty it presents challenges that test our resilience moments of joy that remind us of its beauty and instances of humour that lighten the load of even the heaviest burdens the book dives into diverse themes stories of achievements that inspire anecdotes filled with laughter and profound messages rooted in spirituality and divinity each chapter is designed to resonate with readers providing not just a glimpse into one man s life but also universal truths that connect us all whether it s navigating the unpredictable tides of life cherishing its lighter moments with heartfelt jokes or seeking solace in the wisdom of divine teachings the life is not easy serves as a companion and guide it reminds us that while the path may be challenging it is our spirit and perspective that shape the journey

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