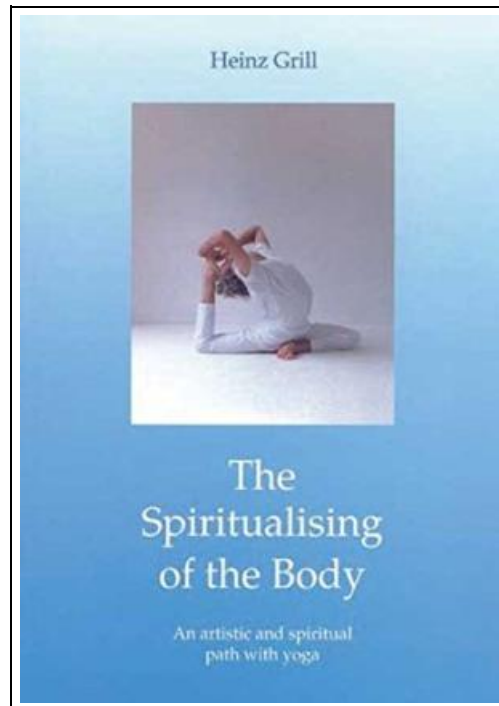


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THE SPIRITUALISING OF THE BODY



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Lammers-Koll-Verlag Jan 2005, 2005. Buch. Book Condition: Neu. 213x149x25 mm. Neuware - The flower-garden Religion, sacrifice and yoga The significance of the asana Practical aspects for working with the exercises Relaxation The beginning of the exercises - the cosmic prayer The preparatory standing positions The triangle and the wide circle The shoulderstand with plough and bridge The inclined plane with triangle The lying-triangle positions The fish The tree The tip-toe position The St. Andrew's cross The balance position The carefree face The balancing head-knee position The locust The bow The horse The half-diamond The crow positions The head-knee position and the twist The camel and the diamond The sitting twist The turtle The wheel The yoga sleep The peacock The cobra The complete bow The dove The headstand, the scorpion and its cycle The half-moon and the dancer The crow and the handstand Lectures About attitude Spiritual sadhana In comparison to the way of practising yoga now familiar in the West, this spiritually and artistically-oriented path of spiritual training places less emphasis on a technical method and more on the uniqueness of meditation in its pictures and choice of words. The exercises have been taken from the broad dimension of hatha-yoga and have a deeper and newer meaning through a living, spiritual vision. This spiritual or super-sensory perspective gives the exercises a sensitive and artistic character, which raises them above a mere training in yoga and gives them that touch of the soul, free of the body. Reading and working with the texts, contemplating the pictures and repeated practice in following the message leads seeking students to a spiritualising of the body which grows ever deeper and more intense. With this artistically-oriented path of practice they receive that mysterious, other-worldly spiritual fire which leads them from within outwards to...

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