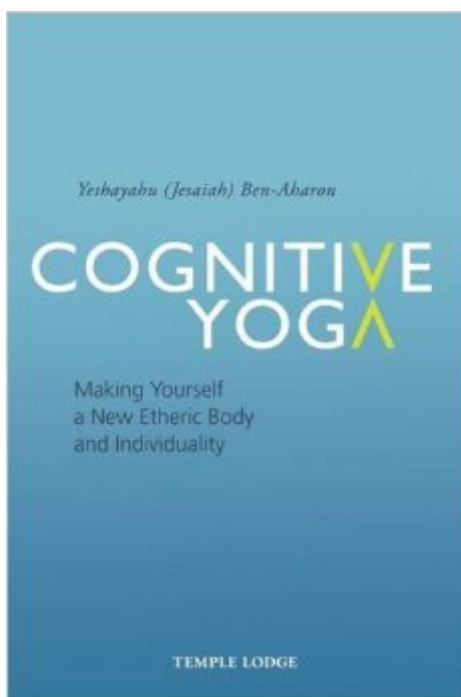


The book was found

Cognitive Yoga: Making Yourself A New Etheric Body And Individuality



Synopsis

In the last century, Rudolf Steiner issued a challenge for practitioners of western spiritual science. Would it be possible to develop a new form of cognitive, or Michaelic, yoga? In contrast to the eastern yogis of old “ who practiced the spiritualization of inhalation and exhalation “ such contemporary yogic practice would involve a spiritualization of thinking as well as a transformation of perceptions and sensations. In Cognitive Yoga, Dr Ben-Aharon responds to that call, developing the entire modern yogic process and describing it in remarkable detail. Through the methods presented, committed practitioners of anthroposophy can create a living framework for spiritual research through a fully spiritualized thinking accompanied by a complete renewal of the experiences of perception and sensation as well as of the human body itself. Included in the contents of this extraordinary book is a comprehensive guide to the spiritualization of the senses and how this leads to a transmutation of the deepest and most unconscious bodily processes and functions. Cognitive Yoga culminates in a pioneering description of a completely individualized meeting with the etheric Christ in the etheric world “ the most important spiritual and human experience that people can have in our time and over the millennia to come. This seminal work, built on decades of first-hand research, provides tangible evidence that western spiritual schooling is not only alive and well, but also full of potential for future development. Ben-Aharon offers a fully formulated and practical guide to a knowledge of the present revelations of the spiritual world.

Book Information

Paperback: 220 pages

Publisher: Temple Lodge Publishing (October 1, 2016)

Language: English

ISBN-10: 1906999953

ISBN-13: 978-1906999957

Shipping Weight: 1.1 pounds

Average Customer Review: 5.0 out of 5 stars See all reviews (1 customer review)

Best Sellers Rank: #394,833 in Books (See Top 100 in Books) #89 in Books > Religion & Spirituality > New Age & Spirituality > Theosophy #32020 in Books > Self-Help

Customer Reviews

Finally! Here is a book that shows explicit, clear, and non-sectarian methods for spiritual development and research in the most genuine sense. Here is a book for fully conscious and free modern people, living completely in daily life, which has nothing to do with following some Guru in

the Himalayas, or subscribing to a new religious dogma. The Cognitive Yoga or spiritualization of thinking and perception that is carefully explained in the text will appeal to researchers of consciousness in every field and mode of pursuit, whether they are Wiccan, following the Golden Dawn tradition, orthodox Jews, atheists, electrical engineers following the path toward free energy, Buddhist, Catholic, Protestant, Muslim, and so on. The ancient eastern yogic practice transformed inhalation and exhalation of the breath into spiritual experience outside the body. This practice is no longer healthy for modern human beings. But the new cognitive and perceptual yoga, where one "exhales" personal thinking into universal world-thought outside the body, and "inhales" pure color and sensation to transform the body, offers a healthy and sane path of the development of consciousness for modern human beings everywhere, no matter what faith you follow. In fact every mental image and ideology that you have before you begin will be challenged and transformed by the cognitive yoga practice itself. In this way, it uncovers the pathway to a self-grounded experience which is no longer one-sided. This book was written for what is most human in every single person on the earth. It shows the individual how to develop, above all else, in a truly moral sense. How? By leading human consciousness to the field and source of all moral impulses.

[Download to continue reading...](#)

Cognitive Yoga: Making Yourself a New Etheric Body and Individuality Yoga Philosophy of Patanjali: Containing His Yoga Aphorisms with Vyasa's Commentary in Sanskrit and a Translation with Annotations Including Many Suggestions for the Practice of Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) I, Me, You, We: Individuality Versus Conformity: Common Core ELA Lessons for Gifted and Advanced Learners in Grades 6-8 Mussar Yoga: Blending an Ancient Jewish Spiritual Practice with Yoga to Transform Body and Soul Little Flower Yoga for Kids: A Yoga and Mindfulness Program to Help Your Child Improve Attention and Emotional Balance ABC Yoga: Join us and the animals out in nature and learn some yoga! Pre-natal Yoga: Yoga Class and Guide Book. The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras The Study And Practice Of Yoga/An Exposition of the Yoga Sutras of Patanjali/Volumell The Art and Business of Teaching Yoga: The Yoga Professional's Guide to a Fulfilling Career Yoga Chants: Deepen Your Yoga Practice with Authentic Sanskrit Chant Yoga Pretzels (Yoga Cards) Sleepy Little Yoga: A Toddler's Sleepy Book of Yoga Little Yoga: A Toddler's First Book of Yoga Restorative Yoga For Breast Cancer Recovery: Gentle Flowing Yoga For Breast Health, Breast Cancer Related Fatigue & Lymphedema Management Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras Karma

Yoga: the Yoga of Action The Yoga Sutras: An Essential Guide to the Heart of Yoga Philosophy
Angel Bear Yoga: Adventure Stories- Children's stories that are perfect for relaxation, sleep time or
kid's yoga.

[Dmca](#)