THIRD EDITION

SACIRED HEART YOURA

Activation of the Sacred Seals

Virginia Ellen with Jesus

Sacred Heart Yoga

Jasmine Tarkeshi

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Sacred Heart Yoga Virginia Ellen, 2015-07-20 **Sacred Heart Yoga** Virginia Ellen, 2015-07-01 This beautifully designed new edition includes more than forty illustrated yoga postures providing a practical guide for connecting to the divine within I bring you the gift of the ages your birthright with a heart filled with love for you I give to you as Jesus gave to me the science of the sacred heart how to activate the sacred seals the light of God that lies dormant in humanity Jesus graciously gave me an ancient practice using the science of prayer which he used and understood The formula he gave me for prayer is Sacred Heart Yoga a personal resurrection into love Sacred Heart Yoga provides a living opportunity to experience God come alive in every cell of your body As you hear the voice of God bring you messages of love and wisdom you will begin to feel and understand God's love for you Your body will become illuminated your soul educated and your frequency guickened as the light becomes more alive in you May you have the pleasure of experiencing the divinity within you Subjects Include Sacred Heart Yoga Lineage The Phenomenon of Activating the Seven Sacred Seals The Science of the Body The Law of Acceptance The Principles of Being Heart Yoga Andrew Harvey, Karuna Erickson, 2010-09-07 WINNER 2010 Spirituality Practice Best Spiritual Book Award Yoga In Heart Yoga renowned spiritual writer and Sacred Activist Andrew Harvey and longtime yoga teacher Karuna Erickson present a vision of hatha yoga practice that links ancient spiritual traditions to contemporary life Including excerpts of poetic sacred writing from mystical sages through the ages the book reminds readers that the purpose of yoga is not to improve one s physical health or even to achieve peace of mind although these results may be achieved along the way but to reach a state of unity with the divine the goal of mystics from all traditions With detailed descriptions and photographs of fifty yoga poses and their alchemical effects on the body and consciousness Heart Yoga presents yoga as a simple meditative practice that enables the practitioner to dwell in the heart and experience the bliss of union with the sacred power underlying all of life The book explains how to prepare for Heart Yoga and describes the Five Great Joys that are part of the path Included are the authors own compelling stories of their individual journeys along the path of yoga stories of suffering transcendence and joy that both inspire and enlighten

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