

Midnights With The Mystic A Little Guide To Freedom And Bliss

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Probing the Mind and Other Guiding Symptoms - S. M. Gunavante 1990-12

The book dates back to 1890, when its author, Dr Burnett, discovered the Bacillium nosode. Before proclaiming his findings to the then medical world, the author had himself taken the nosode as a short drug proving and then used it in his daily practice to treat cases of infectious tuberculosis of various types. The book is the result of this hard work; it is basically the presentation or thesis of the author's findings with respect to the nosode. The book records 54 cases of consumption treated by the author with the nosode with favourable results. In the second edition, he has included additional notes on the subject, further elaborating his experiences with the nosode.

Midnights with the Mystic - Cheryl Simone 2008-05-16

"With the elegance of simplicity, this book takes you on an exploration of consciousness, that will shift you to a higher reality." —Deepak Chopra Constructed around a series of late night conversations around a camp fire between Cheryl Simone and Sadhguru Vasudev on an Island in the middle of a Western North Carolina lake near her mountain home, *Midnights with the Mystic* is the most thorough exposition of the teachings of India's most sought after mystic. Sadhguru challenges us to embrace the possibility that to each of us is available a higher realm of reality, a peak of consciousness; an entrée into the realm of freedom and bliss. Simone, an Atlanta real estate developer, was the typical baby boomer in search of an authentic spiritual experience. Professionally successful, yet spiritually arid, she discovered a way into what she was looking for in the teachings of Sadhguru. Concrete and down-to-earth, *Midnights with the Mystic* both provides readers with an introduction to profound spiritual teaching and a personal glimpse of a charismatic guru.

Flowers on the Path (eBook) - Sadhguru 2012-09-01

The *Flowers on the Path* series is a bouquet. It comprises articles created by Sadhguru for the Speaking Tree column of the Times of India. These articles have, for many years, brought daily infusions of beauty, humour, clarity and wisdom into lives abraded by mayhem and monotony. In pages devoted to the changing weather of the stock market and international affairs, these articles have brought readers moments of unexpected insight and stillness. Sadhguru's original thoughts, outspoken comments and references to current affairs have sometimes provoked controversy. But they have invariably added vitality and color to a national debate. Like flowers, these articles have inspired and stimulated readers, wafting into their lives as a gentle fragrance on some mornings, and on others, startling them awake with fresh perspectives on age-old ideas and beliefs.

Midnight - Sister Souljah 2009

Sent to America with his mother when his father's powerful empire is attacked, underworld lieutenant Midnight draws on his African intelligence and Muslim mindset to protect those he loves and reclaim his wealth and way of life.

The Awakening Ground - David Chaim Smith 2016-06-16

Author David Chaim Smith offers a guide to the practice of mystical contemplation from the perspective of a highly unusual form of non-dual Kabbalah, unfettered by both religious mythology and psychological reductionism. The path articulates the ultimate quest for meaning, which seeks to pass through the clutter of the mind's conceptual associations to nakedly and directly recognize the innate essentiality of all things known as the light of En (no) Sof (end), or the Infinite. Most mainstream conventional schools of Kabbalah

hold such a radical aspiration to be inapproachable at best, and heretical at worst. • The work introduces six stages that articulate how the mind breaks through its own restrictive habitual reflexes to awaken to the ground of En Sof, which is the mind's essential nature • Each stage is illustrated by the author's own original works of art and line diagrams • Draws upon obscure sources such as the 13th-century Kabbalistic text Fountain of Wisdom, various alchemical and gnostic texts, and the writings of Isaac the Blind The author reveals how meaning never remains static--its nature is to move, transmit, and display--yet its precious potential becomes buried under layers of mental constructs. He explains how the mind's habits and reflexes impose structures of containment that try to make sense out of phenomena, but these very structures actually obscure their essence completely. Smith's experiential path to gnostic awakening reveals how, in the wake of the lesser concerns of the conceptual mind, primordial purity shines in resonances of vast poetic beauty, if a sensibility of wonder, awe, and delight is cultivated. Offering a step-by-step analysis to the ecstatic aspects of contemplative revelation, David Chaim Smith explores how to ride the razor's edge of the paradox to coax the mind from the sleep of habituation towards the culmination of gnosis. Although the process is described within the traditional symbol system of kabbalah, its import is a truly radical exponent of extreme mysticism.

Emotion & Relationships (2 Books in 1) - Sadhguru 2017-12-07

Emotion "One can make any emotion into a creative force in one's life." – Sadhguru It's not just poetic license that allows us to refer to emotions as "juicy". In a literal sense also, emotions are a chemical cocktail that course through our bodies. But while we have no problems with pleasant emotions, unpleasant emotions are the source of much angst in our lives. In *Emotion: The Juice of Life*, Sadhguru looks at the gamut of human emotions and how to turn them into stepping stones rather than stumbling blocks. Relationships "If you enhance yourself into a very beautiful state, everyone will want to hold a relationship with you." – Sadhguru Human beings constantly make and break relationships. Unfortunately, relationships can make and break human beings too. Why are relationships such a circus for most of us? What is this primal urge within us that demands a bond – physical, mental, or emotional – with another? And how do we keep this bond from turning into bondage? These are the fundamental questions that *Relationships: Bond or Bondage* looks at as Sadhguru shares with us the keys to forming lasting and joyful relationships, whether they are with husband or wife, family and friends, at work, or with the very existence itself. Sadhguru is a yogi and profound mystic of our times. An absolute clarity of perception places him in a unique space in not only matters spiritual but in business, environmental and international affairs, and opens a new door on all that he touches.

Encounter the Enlightened (eBook) - Sadhguru 2012-09-01

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

Death - Jaggi Vasudev (Sadhguru) 2020

Death is a taboo in most societies in the world. But what if we have got this completely wrong? What if death was not the catastrophe it is made out to be but an essential aspect of life, rife with spiritual possibilities for

transcendence? For the first time, someone is saying just that. In this unique treatise-like exposition, Sadhguru dwells extensively upon his inner experience as he expounds on the more profound aspects of death that are rarely spoken about. From a practical standpoint, he elaborates on 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. Whether a believer or not, a devotee or an agnostic, an accomplished seeker or a simpleton, this is truly a book for all those who shall die!

Mystic's Musings (eBook) - Sadhguru 2003-07-01

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.

Midnights with the Mystic - Cheryl Simone 2008

"A personal recounting of the author's five-day retreat with her guru, Sadhguru Jaggi Vasudev, and her journey toward self-enlightenment"--Provided by publisher.

A Taste of Well-Being: Sadhguru's Insights for Your Gastronomics - Isha Foundation 2017-05-02

In an era where a great variety of cuisines are just a restaurant away, it has become difficult to choose what to eat. Food products labelled 'healthy' one day are abruptly dismissed as 'lethal' the very next, while 'celebrity diets' are trashed by nutritionists. So what is the correct diet for your body? The answer lies within. In the Yogic tradition, food is alive, with a prana of its own. When consumed, the quality of the food influences the qualities of your body and mind. In *A Taste of Well-Being*, you will find recipes that have been perfected in the Isha Yoga Centre kitchen. Ranging from simple juices and salads to complete meals of grains, cereals and curries, the recipes are peppered with profound insights from Sadhguru on the process of eating and digestion. A book that will help you discover the potential that lies within you and the joy you can derive from the simple act of eating.

The Nine Unknown - Talbot Mundy 2021-07-28

The "Nine Unknown Men" are a fictional secret society founded by the Mauryan Emperor Asoka around 270 BC to preserve and develop knowledge that would be dangerous to humanity if it fell into the wrong hands. The nine men are embodiment of good and face up against nine Kali worshippers, who sow confusion and masquerade as the true sages. The story surrounds a priest called Father Cyprian who is in possession of the books but who wants to destroy them out of Christian piety, and a number of other characters who are interested in learning their contents. The nine books entrusted to the Nine Unknown contain information on (1) Propaganda and Psychological warfare, (2) Physiology, including secrets concerning the "touch of death", (3) Microbiology, (4) Alchemy, (5) Communication, including communication with extraterrestrials, (6) Gravity, and anti-gravity devices (Vimanas, mythological flying machines of ancient India), (7) Cosmology, including hyperspace and time-travel, (8) Light, and a technology capable of modifying the speed of light and (9) Sociology, including rules predicting the rise and fall of empires.

The God of Elijah - Cheryl Simone 2011-12-06

Watching my sister slip away into an eternal place and hearing the gratification in her voice as she transformed to the other side is what gives me peace. We walked together in that tunnel. I can't help but wonder what if I would have remained there too. Would I have experienced the same overwhelming joy my sister felt, instead of letting the paralyzing fear take over me causing me to be left behind? What I experienced would make any individual wish that they were dead. Still I continue to hear how blessed I am to be alive. If I knew what I would be faced with when I awakened, I wonder if I would have rather remained asleep... I stopped trying to figure out why I survived and have learned to embrace the encounter I had with The God of Elijah. If you have picked up this book, The God of Elijah desires to have an encounter with you. Jesus said that no man comes to Him, except God draws them. So relax, quiet your soul, and come with me on my journey, as I reveal what happens when the miraculous shows up. Death stared me in the face; hell was hard on my heels. Up against it, I didn't know which way to turn; then I called out to GOD for help: "Please, GOD!" I cried out. "Save my life!" GOD is gracious it is he who makes things right, our most compassionate God. GOD takes the side of the helpless; when I was at the end of my rope, he saved me. I

said to myself, "Relax and rest. GOD has showered you with blessings. Soul, you've been rescued from death; Eye, you've been rescued from tears; and you, Foot, were kept from stumbling." (MSG) Psalm 116: 3-8

The Third Jesus - Deepak Chopra, M.D. 2008-02-19

Who is Jesus Christ? In *The Third Jesus*, bestselling author and spiritual leader Deepak Chopra provides an answer to this question that is both a challenge to current systems of belief and a fresh perspective on what Jesus can teach us all, regardless of our religious background. There is not one Jesus, Chopra writes, but three. First, there is the historical Jesus, the man who lived more than two thousand years ago and whose teachings are the foundation of Christian theology and thought. Next there is Jesus the Son of God, who has come to embody an institutional religion with specific dogma, a priesthood, and devout believers. And finally, there is the third Jesus, the cosmic Christ, the spiritual guide whose teaching embraces all humanity, not just the church built in his name. He speaks to the individual who wants to find God as a personal experience, to attain what some might call grace, or God-consciousness, or enlightenment. When we take Jesus literally, we are faced with the impossible. How can we truly "love thy neighbor as thyself"? But when we see the exhortations of Jesus as invitations to join him on a higher spiritual plane, his words suddenly make sense. Ultimately, Chopra argues, Christianity needs to overcome its tendency to be exclusionary and refocus on being a religion of personal insight and spiritual growth. In this way Jesus can be seen for the universal teacher he truly is—someone whose teachings of compassion, tolerance, and understanding can embrace and be embraced by all of us.

Don't Polish Your Ignorance ...It May Shine - Sadhguru 2011

The persistent questions of seekers fill this book. It's all here – the pain, the confusion, the raging gut-level thirst, all that it means to be human and alive and wanting. And through it all are the clear, strong, unwavering tones of a master who reminds us that the only thing that lies between the human and the divine, the finite and the boundless, the seeking and the finding, is choice. What does that choice entail? Not the acquisition of any path-breaking wisdom, but a determined refusal to strengthen one's ignorance, to reinforce one's deceptions, to 'gold-plate one's limitations'. The danger, Sadhguru tells us, does not lie in being in the dark – that can be dispelled for anyone who genuinely desires it – but in settling for an easy brilliance, a spurious radiance. The danger does not lie in seeking urgently, but in arriving cheaply. "Don't polish your ignorance," he warns aphoristically, unforgettably, recurrently in the course of this book. "It may shine."

Eternal Echoes: The Sacred Sounds Through the Mystic - Sadhguru 2002

'Eternal Echoes' is an anthology of poems penned by Sadhguru. Expertly expressing love, devotion, longing, struggle, seeking and bliss – Sadhguru's poems are a true portrayal of the many facets of the master. Each poem is illustrated by a carefully chosen picture of the master himself, accentuating the mood of the poem.

Life and Death in One Breath - Sadhguru 2013-11-01

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

The Mystic Eye - Sadhguru 2008

This is a book for the thirsty. And emphatically not a book for the faint-hearted. In a series of far-reaching exploratory conversations, Sadhguru – a living master and mystic of our times – touches on every conceivable question that a seeker might nurse about the realm of the mystical. Questions about enlightenment, liberation, death, God and the afterlife. Also those niggling but ostensibly trifling questions that so many wonder about, but are hesitant to ask: about spirits, disembodied beings, black magic,

possession and the occult. And in a riveting culmination to the book, Sadhguru unfolds the story of his life mission, a saga of extraordinary commitment and courage that spans three lifetimes. The result is the Dhyanalina, the dream of countless yogis down the centuries: a unique energy form which sows the seed of liberation in all who visit it. This is a book to treasure. It offers an unprecedented glimpse into the world of a contemporary mystic, a prodigious living archive of knowledge. In the course of his discussions, Sadhguru probes the farthest realms of illogic, and yet his unfailingly rational and matter-of-fact tone lends credibility to the more fantastic aspects of the content.

The Night School - Maia Toll 2022-08-09

Delve into the mysteries of the Night -- from divination and astrology to ancient philosophy and self-exploration -- in *The Night School*, a magical course of study for modern witches, seekers, and mystics, from award-winning author Maia Toll. Welcome to the Night School, Firefly. Here you'll explore the farthest reaches of the universe, and the deepest parts of yourself. You'll learn to cast off the constraints of the day, and open your eyes, your heart, and your mind to the enchanted mystery of the Night. You'll travel the world in search of inspiring sites, timeless wisdom, and essential magic. And you'll do so under the bewitching guidance of the Night Mistress, your guide in the curriculum of all that lies beneath the starry sky. For anyone interested in spirituality, folklore, mysticism, witchcraft, healing, and self-exploration, *The Night School* is a highly creative journey into the magic of the night. Organized as an enchanted course of study, with semesters and subjects for exploration -- ranging from *Midnight Foundations* (Philosophy 101) to *Divining the Night* (Divination 101) to *Harnessing the Celestial Tides* (Energetic Engineering 101) -- this illuminating manual offers short nightly lessons complete with reflections, exercises, homework, and even extra credit to help readers connect with the power of the night and explore the deeper mysteries of being human. In an era when our daytime hours are increasingly uncertain and people are turning inward to reevaluate what really matters, *The Night School* encourages us to slow down and contemplate our dreams, relationship to the natural world, and the ancient traditions of mystical thinking -- all by the light of the moon.

Talks on Upanishad - Sadhguru Jaggi Vasudev 2019-04-28

This book talks about the tradition of upanishads, the secrets of meditation, paradoxes of spiritual life, the way towards truth, mechanics of desire and desirelessness, consciousness and various other topics. The understanding delivered on the upanishad is unique. Interesting topics such as Psychedelics, drugs, hypnosis, different dimensions of listening, truth and untruth are given an explanation within this book. This book takes you through the stories of Buddha, Mahavir, Aristotle and various other monks. It is for sure that as you read the book, it is possible to feel the oneness beyond contradictions happening within oneself and experience what the author is indicating. This book has immense information and a very unique perspective on the sciences of inner nature and creation.

The Two-Year Mountain - Phil Deutchle 2012

With his life literally hanging from a slender rope over a crevasse near the top of a Himalayan mountain, a young man relives in his mind a relentless two-year physical and spiritual test as a Peace Corps volunteer in a remote mountain village of Nepal. Combining the elements of adventure story, travel log, and personal confession, this absorbing account describes a wrenching experience that belies the idealistic expectations of many Peace Corps volunteers. Following a two-year stint as a science and mathematics teacher in a Nepalese village, Phil Deutchle sets off alone on a three-month expedition to conquer Pharchamo, 20,580 feet high, which has claimed several lives and is his final goal in the Himalayas. This trek forms the framework of the book, and into it Deutchle weaves the story of his experiences over the previous two years in a series of sharply etched, swiftly moving, often humorous anecdotes. Deutchle is not starry-eyed about Nepal and its people or, least of all, about the mission of the Peace Corps. He vividly describes events that are both horrible and poignant: being charged by a rhinoceros, the awful fascination of watching a corpse burn on a funeral pyre, the struggle to save a child's life, scaling a Himalayan peak higher than Mount McKinley (the highest mountain in North America). Despite his difficulties, he steels himself to stay one year, then the full two years, and, imperceptibly, grows so attached to the village that he leaves it in tears. Mourning the "small death" of his departure, confused about his identity as an American, and feeling more alienated than before, he sets off on a final, reckless, solo climb of Mount Pharchamo, hardly caring

whether he survives. Apathetic from lack of oxygen and from his own malaise and only when his life literally hangs on a slender rope, does he overcome despair and make a gigantic effort to save himself. The two parts of the book - the emotional challenge of the village and physical challenge of the climb - come together in a triumphant affirmation of life. A native Californian, Phil Deutchle is currently teaching handicapped children in Denmark. *The Two Year Mountain* was originally published by Bradt in 1986 and remains as relevant to the spirit of exploration and real, raw travel writing today as it was then.

Your Heart Is The Sea - Nikita Gill 2018-11

Let poetry help you examine the depths of your wounds. Let it remind you that no matter how deep it goes, you will be able to heal it because you have been able to heal every single wound inflicted on your heart and soul before. Let these words show you that you will be able to find the light at the end of the wound because you have always found your way before.

Karma - Sadhguru 2021-04-27

NEW YORK TIMES, USA TODAY, and PUBLISHERS WEEKLY BESTSELLER "Full of valuable insights to guide you."—WILL SMITH "Thoughtful and life-affirming . . . a must-read."—TONY ROBBINS "This book will put you back in charge of your own life."—TOM BRADY A new perspective on the overused and misunderstood concept of "karma" that offers the key to happiness and enlightenment, from the world-renowned spiritual master Sadhguru. What is karma? Most people understand karma as a balance sheet of good and bad deeds, virtues and sins. The mechanism that decrees that we cannot evade the consequences of our own actions. In reality, karma has nothing to do with reward and punishment. Karma simply means action: your action, your responsibility. It isn't some external system of crime and punishment, but an internal cycle generated by you. Accumulation of karma is determined only by your intention and the way you respond to what is happening to you. Over time, it's possible to become ensnared by your own unconscious patterns of behavior. In *Karma*, Sadhguru seeks to put you back in the driver's seat, turning you from a terror-struck passenger to a confident driver navigating the course of your own destiny. By living consciously and fully inhabiting each moment, you can free yourself from the cycle. Karma is an exploration and a manual, restoring our understanding of karma to its original potential for freedom and empowerment instead of a source of entanglement. Through Sadhguru's teachings, you will learn how to live intelligently and joyfully in a challenging world.

Atmamun - Kapil Gupta, M.d. 2016-04-21

Atmamun is the path to achieve the bliss of the Himalayan Swamis and the Freedom Of a living God. It is for True Seekers. It is for those who wish to move beyond the self-help and cosmetic slogans of meditation and mindfulness, toward the Ultimate Truths of Life and the Mind.

Compulsiveness to Consciousness - Sadhguru 2013-03-01

Born After Midnight - A. W. Tozer 2015-09-22

Will you press into heaven at the expense of earth? It has been said that revivals are born after midnight. This is not because midnight is a magic hour—it isn't—but because anyone truly desiring renewal doesn't tire at seeking it. *Born After Midnight* stirs us toward renewal. Be it in the realm of money, worship, worry, or prayer, A. W. Tozer applies God's high wisdom to our everyday living to show how sin is bitter and Christ is sweet, helping us crave heaven and lose our taste for the world. If you will take God for who He says He is, trust His promises as true, and forsake the world in clutching for heaven, it will cost you everything. But it will give you eternity. *Born After Midnight* invites you to seek what cannot be lost.

Mind Is Your Business - Sadhguru 2015-03-22

For most people, the mind seems to be an unruly cacophony, attempting to grasp and shape everything which falls in its purview. In *Mind Is Your Business*, Sadhguru explains that only if we make it "our business" to transform this uncoordinated mess into a well - coordinated symphony, will we be able to use the mind, rather than be used by it. Sadhguru is a yogi and profound mystic of our times. An absolute clarity of perception places him in a unique space in not only matters spiritual but in business, environmental and international affairs, and opens a new door on all that he touches.

A Midsummer-night's Dream - William Shakespeare 1887

Midnight Man - Lisa Marie Rice

Classy interior designer Suzanne Barron always thought she'd fall in love slowly with a suitable man, a man of taste and discernment, a safe man. Former navy SEAL John Huntington—aka the Midnight Man-- is anything but safe. The day they meet, Suzanne has no holds barred sex with John. She has no idea how to cope with him and with the wild feelings he brings out in her. Backing away from him seems like her only option. But John is a SEAL and failure is not an option. He wants the elegant beauty fiercely and is prepared to fight for her. The fight turns deadly when unknown enemies come after Suzanne and her life is on the line. The Midnight Man will defend what is his—and once he's had a taste of Suzanne, there is no doubt that she belongs to him. Note: This book was originally published by Ellora's Cave and is an updated and lightly re-edited version.

100 Facts about Midnights with the Mystic - Matthew Finning 2013-03

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "Midnights with The Mystic: A Little Guide to Freedom and Bliss." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

Bliss - Sharad Gupta 2013-08-10

The purpose of this book is to act as a tonic to nourish and rejuvenate our souls in order to turn our life into a fountain of bliss. Words that enlighten the soul are more precious than jewels. Just a few words at the right time and place have the power to raise one's vision to a higher level of thought and purpose. This book is a collection of such thoughts. These thoughts provide inspiration and solace to touch perceptions that might otherwise have remained idle and forgotten in the back of the mind. Like short fiction, each piece leads to a point of illumination, evoking an original, spontaneous response that we are sure to treasure. Let these thoughts serve as a change agent and provide a sense of fulfillment. It is a rare book that changes a life, a poor one that adds nothing to it. Let this book be a pathway of life that might lead to one's highest good.

Midnights with the Mystic - Sadhguru with Cheryl Simone 2010

A series of intimate conversations with a wise and charismatic guru is a compelling idea. How many times have each of us wished for answers to life's deep questions? In *Midnights with the Mystic*, Cheryl Simone relates her personal experience of learning at the feet of Sadhguru Vasudev, India's most sought-after mystic. As we share in her profound experiences, we are challenged to embrace the possibility that to each of us is available a higher realm of reality, a peak of consciousness, an entrée into the realm of freedom and bliss. "This book lays bare Sadhguru's mastery over life." —Indu Jain, Chairperson, Times of India Group

Good And Bad Divides The World - Sadhguru (Jaggi Vasudev) 2008

Heaven's Banquet - Miriam Kasin Hospodar 2001-10-01

Written with the support of the Maharishi Ayur-Veda Institute, this comprehensive cookbook shows how to incorporate the timeless principles of Ayurveda into the twenty-first-century kitchen. A result of Miriam Kasin Hospodar's twenty-year culinary journey, *Heaven's Banquet* draws from a rich palette of international cuisines and shows how to match your diet to your mind-body type for maximum health and well-being. The more than 700 recipes included here range from Thai Corn Fritters and Asian-Cajun Eggplant Gumbo to West African Avocado Mousse and Mocha-Spice Cake with Coffee Cream Frosting. Readers will discover the most effective methods of preparing food, the benefits of eating seasonally for individual types, and how to create a diet for the entire family. There are special sections on how to lose weight and control sugar sensitivity, a questionnaire to help determine mind-body type, and essential ingredients for a well-stocked Ayurvedic kitchen. Fully illustrated, and written for everyone from the beginner cook to the experienced chef, *Heaven's Banquet* shows how to use food to tap into your body's intelligence and create lifelong health.

Pebbles Of Wisdom - Sadhguru 2009

PEBBLES OF WISDOM is a compilation of quotes and insights by Sadhguru from several talks, satsangs and discourses over many occasions and many years. This selection of gems by Sadhguru is something every reader will want to return to time and time again.

The Book of Masks - Remy de Gourmont 2021-05-19

"The Book of Masks" by Remy de Gourmont (translated by Jacob Howard Lewis). Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten—or yet undiscovered gems—of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

Midnight's Children - Salman Rushdie 2010-08-26

The iconic masterpiece of India that introduced the world to "a glittering novelist—one with startling imaginative and intellectual resources, a master of perpetual storytelling" (The New Yorker) WINNER OF THE BEST OF THE BOOKERS • SOON TO BE A NETFLIX ORIGINAL SERIES Selected by the Modern Library as one of the 100 best novels of all time • The fortieth anniversary edition, featuring a new introduction by the author Saleem Sinai is born at the stroke of midnight on August 15, 1947, the very moment of India's independence. Greeted by fireworks displays, cheering crowds, and Prime Minister Nehru himself, Saleem grows up to learn the ominous consequences of this coincidence. His every act is mirrored and magnified in events that sway the course of national affairs; his health and well-being are inextricably bound to those of his nation; his life is inseparable, at times indistinguishable, from the history of his country. Perhaps most remarkable are the telepathic powers linking him with India's 1,000 other "midnight's children," all born in that initial hour and endowed with magical gifts. This novel is at once a fascinating family saga and an astonishing evocation of a vast land and its people—a brilliant incarnation of the universal human comedy. Forty years after its publication, *Midnight's Children* stands apart as both an epochal work of fiction and a brilliant performance by one of the great literary voices of our time.

Stroke of Midnight - Sherrilyn Kenyon 2010-04-01

Winter Born by Sherrilyn Kenyon Two enemy Were-Panthers discover that fate has destined they become lovers. Pandora must learn to trust Dante's foreign nature. But as she slowly succumbs to the truest passion she has ever known, dark forces have already set out to reclaim her... Born of the Night by Amanda Ashley When Lady Shanara Montiori is taken hostage, she learns that the rumors about her captor are true. Lord Reyes is afflicted with the dark curse of the werewolf. Still, Shanara can't fight the attraction they both feel. Will their love break the curse-or feed its powerful hold? Make It Last Forever by L. A. Banks An innocent mistake forces the beautiful Tara onto a mission to save herself from the dark fate that awaits her. Salvation comes in the form of a seductive biker with a heart of gold. But will surrendering to their ripe attraction unleash a danger even she cannot control? Red Moon Rising by Lori Handeland Novelist Maya Alexander's peace is shattered when she is stalked by a Navaho skinwalker who has taken on the guise of a wolf. Her only hope is the mysterious Clay Philips. In his arms, she seeks protection-but as the red moon rises, no one is safe from the danger that lurks nearby...

Gurus of Modern Yoga - Mark Singleton 2014

Gurus of Modern Yoga explores the contributions that individual gurus have made to the formation of the practices and discourses of yoga in today's world.

Sadhguru, More Than a Life - Arundhati Subramaniam 2010

'The thirst to be boundless is not created by you; it is just life longing for itself.' —Sadhguru This is the extraordinary story of Sadhguru—a young agnostic who turned yogi, a wild motorcyclist who turned mystic, a sceptic who turned spiritual guide. Pulsating with his razor-sharp intelligence, bracing wit and modern-day vocabulary, the book empowers you to explore your spiritual self and could well change your life. It seeks to re-create the life journey of a man who combines rationality with mysticism, irreverence with compassion, ancient wisdom with a provocatively contemporary outlook and a deep knowledge of the self with a contagious love of life. Described as 'a profound mystic, visionary humanitarian and prominent spiritual leader of our times', he is equally at home in a satsangh in rural Tamil Nadu as at the World Economic Forum in Davos. In his early years, Jaggi Vasudev (or Sadhguru as he is now known) was a chronic truant, a boisterous prankster, and later a lover of motorbikes and fast cars. It is evident that the same urgency, passion and vitality echo in his spiritual pursuits to this day, from his creation of the historic Dhyanalina—the mission of three lifetimes—to his approach as a guru. In Sadhguru's view, faith and reason,

spirituality and science, the sacred and the material, cannot be divided into easy binaries. He sees people as 'spiritual beings dabbling with the material rather than the reverse', and liberation as the fundamental longing in every form of life. Truth for him is a living experience instead of a destination, a conclusion, or a

matter of metaphysical speculation. The possibility of self-realization, he strongly believes, is available to all. Drawing upon extended conversations with Sadhguru, interviews with Isha colleagues and fellow meditators, poet Arundhati Subramaniam presents an evocative portrait of a contemporary mystic and guru—a man who seems to pack the intensity and adventure of several lifetimes into a single one.