



## Practical Psychology of Yoga Wisdom: Based on Psychosynthesis, The Teachings of Paramahansa Yogananda and the Bhagavad Gita

By Reinhard Kowalski

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2008. Softcover. Book Condition: New. This book is all about how to turn psychological difficulties into spiritual opportunities. It also shows how to overcome the psychological difficulties that all travellers on the spiritual path must confront at one time or another, their dark night of the soul. It is both for those seeking psychological healing and for those seeking spiritual growth. This book should be read by all psychologists, meditators and yoga teachers to help them understand how to use their practices for an integral transformation of body, mind and spirit. It is a breakthrough work in East-West psychological studies that moves from the realm of theory into that of practical application. Most importantly, it provides a wealth of simple methods that any person can use on a daily basis to fundamentally improve the quality of their consciousness. This book tries to speak directly to your mind, your heart and your soul. It pleads with your intellectual mind to make 'space' for the intuitive mind which is the voice of the soul. Printed Pages: 174.



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