

The Sixfold Path

Six Simple Exercises for
Spiritual Development



JOOP VAN DAM

The Sixfold Path Six Simple Exercises For Spiritual Development

Alice Bailey, Patanjali



The Sixfold Path Six Simple Exercises For Spiritual Development:

The Sixfold Path Joop Van Dam, 2012 Spiritual development is a daunting phrase but spirituality can be an everyday aspect of our lives helping us in difficult moments. Using this down to earth approach the author presents six exercises which will help us take charge of our life in day to day situations as well as in our relationships. These exercises bring us closer to our selves and to the world around us and they offer a balance between action and openness, self control and feelings, thinking and trust. Joop van Dam builds on the ideas of Rudolf Steiner in this concise practical book. *The Light of the Soul* Alice Bailey, Patanjali, 2012-05-14 This volume is an original paraphrase with commentary of the Yoga Sutras of Patanjali. The Yoga Sutras are of ancient origin first reduced to writing by Patanjali who is considered the founder of the Raja Yoga School. Control of the mind and its illumination by the soul are brought about through the practice of Raja Yoga. The Sutras have a power and a timelessness about them which demonstrate the accuracy with which they pinpoint the basic truths of human evolution from subservience to personality, clamours to the serene freedom of the soul. Most human problems today originate in selfish desire, the prostitution of the feeling nature to self centred action. This is also brought out clearly in the teaching of the Lord Buddha, the treading of the Noble Eight Fold path providing the only way out of the maze: Right Values, Right Speech, Right Mode of Living, Right Thinking, Right Expression, Right Conduct, Right Effort, Right Rapture or True Happiness. These are attributes of the soul. Patanjali explores exhaustively the means, the techniques and the mental posture which create the connecting thread between the form centred personality and these stages towards spiritual achievement and soul fusion.

Delve into the emotional tapestry woven by in **The Sixfold Path Six Simple Exercises For Spiritual Development** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; itis a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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