

# Le Yoga De La Nutrition

Le Yoga du cœur subtil ou yoga de l'être L'Initiation Le Bhâgavata purâna L'empire Chinois The Yoga Philosophy Bulletin Du Centre International D'Éducation Sri Aurobindo Océan d'amour Le Ramayana Journal des savants Luzac's Oriental List and Book Review Histoire de la philosophie: Depuis les origines jusqu'au VXII siècle Manuel bibliographique de sciences psychiques ou occultes Bulletin Depuis les origines jusqu'au XVIIe siècle Revue de l'histoire des religions Le prem sagar Théologie hindoue. Le Prem sagar [Lall L la's Hindi tr. of Chaturbh ja Mi ra's Braj Bh kh version of the 10th skandha of the Bh gavatapur a] tr. by E. Lamairesse Proceedings Mother India Indo-Iranian Journal Dominique Ramassamy Eugène Burnouf Lamairesse Patañjali Sri Aurobindo International Centre of Education (Pondicherry, India) Charles Schoebel Elie Blanc Albert-Louis Caillet Sri Aurobindo International Centre of Education (Pondicherry, India) Élie Blanc Caturbhuj Mi ra

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après coeur subtil et intuitions naturelles témoignant du chakra du coeur dans la vie quotidienne dominique ramassamy nous présente une théorie inédite et magnifique le yoga du coeur subtil loin d'une construction purement

intellectuelle le yoga du coeur provient de nombreuses expériences authentiques au sein des stages et séminaires il représente une synthèse s appuyant sur la psychologie des chakras et la philosophie du yoga selon une science spirituelle d il y a dix mille ans l auteur décrit avec simplicité les concepts nouveaux propres au yoga du coeur l ouverture d un 7ème sens le règne du ventral la force d âme le coeur tendre et ses désillusions le sens de je suis amour l impasse de l affectif le pouvoir des lumières les idées fausses sur le mental du bourgeon d âme au vrai moi les mantras du coeur le langage de l âme l énergie de l amour compassion etc Émerveillé par la puissance de l énergie du coeur l auteur crée le terme de médit action dont il décrit l effet libérateur sur nos chaînes émotionnelles une nuance capitale est soulignée le coeur est radicalement différent des émotions bien que ses capacités permettent de clarifier les émotions de plus il nous relie à notre âme la psyché et ouvre la porte d un amour universel en utilisant des techniques simples et accessibles à tous enfin si le yoga du coeur nous propose une nouvelle lecture de la vie sur un plan individuel il permet également un regard original sur la société et le monde en proie aux symptômes exacerbés de violence et déshérence le yoga du coeur n est pas une religion souligne l auteur il n y a ni rituel ni divinités ni guru simplement un art de vivre réaliser la présence de quelque chose qu on appelle l âme le moi intérieur ou autre c est retrouver de la force de la lumière du soutien pour faire de la vie non pas un défi permanent contre le stress mais un moyen d accomplissement vers la jouissance radieuse de l existence

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aphoristic work on the meditational fundamentals of the yoga school of indic philosophy

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