



The Weiser Concise Guide to Yoga for Magick (The Weiser Concise Guide Series)

Nancy Wasserman

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Yoga today connotes many images and ideas -- from holy men on a high mountaintop to throngs of young women toting designer mats. Yoga, meaning 'union,' is actually a many-layered discipline designed to help an individual attain health, serenity, focus, and ultimately, union with the Divine. Aleister Crowley was one of the first Europeans to practice yoga and believed the practice was essential to spiritual growth, stating that 'Magick is a Pyramid built layer by layer. The work of the Body of Light -- with the technique of Yoga -- is the foundation of the whole.'

This succinct and uniquely helpful book explores the frequently overlooked importance of bringing a healthy body and a clear-thinking mind to the practice of ceremonial magick or Wicca. While many books on magick discuss the importance of ritual, almost none point to the physical, spiritual, and moral quality necessary to make those rituals effective. Spiritual power demands physical health and the contemporary western practitioner can learn much from the ancient tradition of yoga.



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This The Weiser Concise Guide to Yoga for Magick (The Weiser Concise Guide Series) book is simply not ordinary book, you have it then the world is in your hands. The benefit you have by reading this book will be information inside this guide incredible fresh, you will get facts which is getting deeper you read a lot of information you will get. This particular The Weiser Concise Guide to Yoga for Magick (The Weiser Concise Guide Series) without we comprehend teach the one who examining it become critical in thinking and analyzing. Don't be worry The Weiser Concise Guide to Yoga for Magick (The Weiser Concise Guide Series) can bring whenever you are and not make your case space or bookshelves' turn out to be full because you can have it in the lovely laptop even cellphone. This The Weiser Concise Guide to Yoga for Magick (The Weiser Concise Guide Series) having great arrangement in word along with layout, so you will not sense uninterested in reading.

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