



## God Is Not Optional: Harmonizing, Intuiting, Nurturing, and Discovering Urself (Paperback)

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By Rama Koneru

Createspace, United States, 2013. Paperback. Book Condition: New. 246 x 189 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. We do not know for a fact that God exists, or is with us. What then do you know that has been with you since you were born? In the tangible world Your body and your breath have stayed with you through thick and thin. The practices in this book are based on experiential observation of the individuals own body and breath. This is a book about discovering the Higher Self through the exploration of Hindu Gods, Goddesses and Asuras. Hinduism, Yoga and Life are not mutually exclusive. The Gods and Asuras are already in play in the experiences of all beings. In this book a combination of crisp, lucid insights, intuitively precise breath work, creative body postures and a clear logical approach, enable the reader to discover their own connection with the Divine and how it plays out in their life situation. Worksheets based on Breath Work, Focused Asana and Pranayama practices, Chants, Exploration Assignments, Detailed, Insightful interpretations of the forms, Guided Visualizations, and Powerful Intentions allow each reader to experience Divinity through what aligns with...



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