



Praana Praanee Praanayam (Español) (Spanish Edition)

Yogi Bhajan

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"Ingresamos a esta vida inicialmente como espíritu, y luego, nacemos en un cuerpo físico. Ocupamos nuestros primeros años aprendiendo a funcionar en él y en las circunstancias materiales. Esto nos permite sobrevivir, pero llega un momento en que debemos comprender y recobrar nuestro espíritu, nuestra naturaleza energética. Esencialmente, debemos reconocernos como praani, criaturas que viven mediante el praana, la energía vital básica del universo. Para hacer este cambio, necesitamos expandir nuestra comprensión de nuestro diseño energético. Y para poder comprender, primero debemos tener la experiencia. Praana, Praani, Praanayam es una colección de citas y kriyas de Yogi Bhajan compilados a lo largo de sus 35 años de enseñanzas en Occidente. Yogi Bhajan es el Maestro de la energía pránica y estas citas y estos kriyas pueden ayudarte a entender y a tener la experiencia de lo que tú eres realmente en el universo del praana. Todas estas meditaciones y ejercicios son enseñanzas de Yogi Bhajan. He incluido algunos textos generales sobre el yoga y algunos comentarios allí donde me pareció que sería de ayuda alguna información adicional. Casi todas las citas son de Yogi Bhajan, pero si eres curioso, hay algunas notas al final del libro que te informarán sobre la fuente de la cita. Los comentarios yóguicos serán llamados de esa manera y aparecerán en letra pequeña. La información suplementaria no se encuentra entre comillas y no tiene notas finales."

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