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*Istvan Fazekas*

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Classical ancient Eastern teachings meet modern metaphysical Western ones in this natural marriage of spiritual yoga and the wisdom of the Edgar Cayce readings. Explore the Yoga Sutras, the yamas and niyamas, and the purpose of meditation, together with 12 steps to enlightenment from Cayce's visionary psychic readings. This is a profound work for anyone interested in a beautifully presented, common-sense approach to uniting body, mind, and spirit, and a much more abundant, hopeful, and happy life.

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