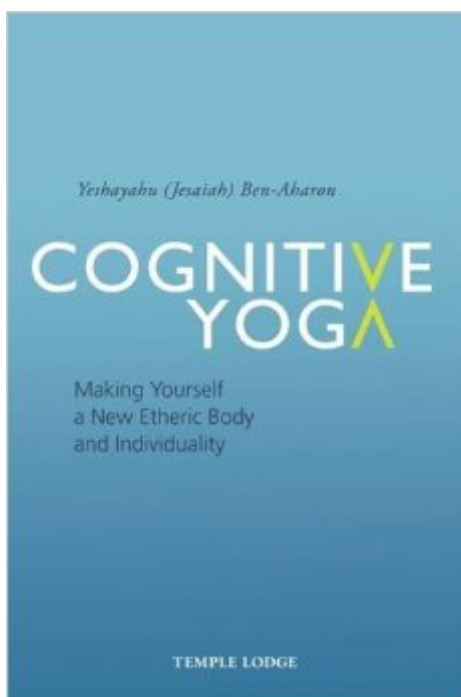


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# Cognitive Yoga: Making Yourself A New Etheric Body And Individuality



## Synopsis

In the last century, Rudolf Steiner issued a challenge for practitioners of western spiritual science. Would it be possible to develop a new form of cognitive, or Michaelic, yoga? In contrast to the eastern yogis of old “ who practiced the spiritualization of inhalation and exhalation “ such contemporary yogic practice would involve a spiritualization of thinking as well as a transformation of perceptions and sensations. In Cognitive Yoga, Dr Ben-Aharon responds to that call, developing the entire modern yogic process and describing it in remarkable detail. Through the methods presented, committed practitioners of anthroposophy can create a living framework for spiritual research through a fully spiritualized thinking accompanied by a complete renewal of the experiences of perception and sensation as well as of the human body itself. Included in the contents of this extraordinary book is a comprehensive guide to the spiritualization of the senses and how this leads to a transmutation of the deepest and most unconscious bodily processes and functions. Cognitive Yoga culminates in a pioneering description of a completely individualized meeting with the etheric Christ in the etheric world “ the most important spiritual and human experience that people can have in our time and over the millennia to come. This seminal work, built on decades of first-hand research, provides tangible evidence that western spiritual schooling is not only alive and well, but also full of potential for future development. Ben-Aharon offers a fully formulated and practical guide to a knowledge of the present revelations of the spiritual world.

## Book Information

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## Customer Reviews

Finally! Here is a book that shows explicit, clear, and non-sectarian methods for spiritual development and research in the most genuine sense. Here is a book for fully conscious and free modern people, living completely in daily life, which has nothing to do with following some Guru in

the Himalayas, or subscribing to a new religious dogma. The Cognitive Yoga or spiritualization of thinking and perception that is carefully explained in the text will appeal to researchers of consciousness in every field and mode of pursuit, whether they are Wiccan, following the Golden Dawn tradition, orthodox Jews, atheists, electrical engineers following the path toward free energy, Buddhist, Catholic, Protestant, Muslim, and so on. The ancient eastern yogic practice transformed inhalation and exhalation of the breath into spiritual experience outside the body. This practice is no longer healthy for modern human beings. But the new cognitive and perceptual yoga, where one "exhales" personal thinking into universal world-thought outside the body, and "inhales" pure color and sensation to transform the body, offers a healthy and sane path of the development of consciousness for modern human beings everywhere, no matter what faith you follow. In fact every mental image and ideology that you have before you begin will be challenged and transformed by the cognitive yoga practice itself. In this way, it uncovers the pathway to a self-grounded experience which is no longer one-sided. This book was written for what is most human in every single person on the earth. It shows the individual how to develop, above all else, in a truly moral sense. How? By leading human consciousness to the field and source of all moral impulses.

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