



Seven Lessons in Conscious Living: A Comprehensive Course in Higher Learning and Spiritual Practice in the Kriya Yoga Tradition

By Roy Eugene Davis

CSA Press. Paperback. Book Condition: new. BRAND NEW, Seven Lessons in Conscious Living: A Comprehensive Course in Higher Learning and Spiritual Practice in the Kriya Yoga Tradition, Roy Eugene Davis, For readers sincerely interested in total well-being and spirituality. The author explains the purpose of human life, provides an overview of the categories and processes of cosmic manifestation, imparts helpful information about holistic living and ayurvedic practices, and describes several techniques and routines for new and experienced meditators.



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