



## The Yoga of Nutrition

By Omraam Mikhael Aivanhov

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### **The Yoga of Nutrition** By Omraam Mikhael Aivanhov

This is not a dietary book. Omraam Mikhael Aivanhov teaches that our attitude towards our food and the way we eat is far more important than what, or how much we eat. He replaces our ordinary ideas of everyday eating with the true mystical significance of nutrition. In this way we can learn to extract from our physical food all the subtle elements necessary for true health and fulfillment.

Contents: 1. Eating: An Act which Concerns the Whole Man 2. Hrani-Yoga 3. Food: A Love-Letter from God 4. Choosing Your Food 5. Vegetarianism 6. The Ethics of Eating 7. Fasting: I - Means of Purification. II - Another Form of Nutrition 8. Communion 9. The Meaning of the Blessing 10. The Spirit Transforms Matter 11. The Law of Symbiosis.

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## The Yoga of Nutrition By Omraam Mikhael Aivanhov Bibliography

- Sales Rank: #392021 in Books
- Published on: 2009-09-01
- Original language: English
- Dimensions: .0" h x .0" w x .0" l, 1.10 pounds
- Binding: Paperback
- 142 pages

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Language Notes

Text: English, French (translation)

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