

First Breath, Last Breath

By Ma Jaya Sati Bhagavati

"If you can control your breath, you can control your life."

Experience Ma Jaya's book about the ancient yogic practice of pranayama. Includes 41 breath practices with clear instructions.

We often hear about the benefits of yoga asanas or physical poses, but little has been written about the life-changing effects of pranayama, or breath practices. This book fills that gap with explanations and instructions for working with the breath.

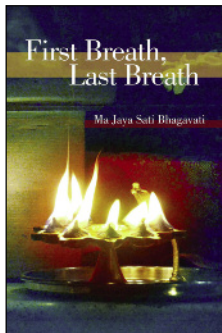


Ma Jaya

Ma Jaya was a Brooklyn-born spiritual teacher, mystic, and visionary. Her teachings embody radical acceptance, unconditional love, and selfless service.

Kashi Publishing

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Healing a Desperate Heart

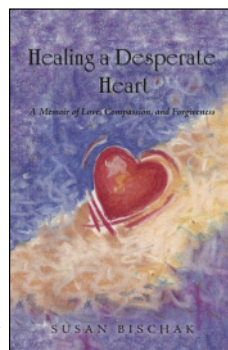
By Susan Bischak

My past caught up with me one morning in the form of an email sent by someone I knew from long ago. Immediately a flood of painful memories came along with it. For years I'd ignored or blocked them as soon as they surfaced, but now it was time to come to terms with the person and the memories.

I had no idea that my decision would lead me on an emotional roller coaster ride guided by spirit as I explored past lives, received messages from the deceased, and ultimately learned a life lesson I knew I needed to share.

Balboa Press

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The Realm of Spirit

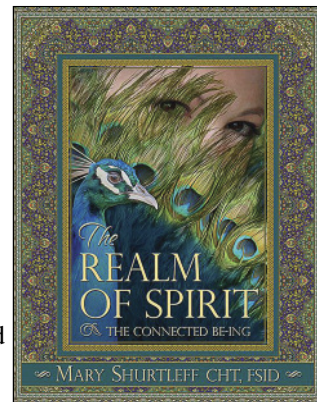
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By Mary Shurtleff

This third book in a trilogy about Mind, Body, and Spirit takes you further into the realms of intuitions and the mystery of life.

This enlightening book features actual stories of coincidence and angelic guidance, as well as pictures of unexplained energetic activity.

The Realm of Spirit reaches into the soul of what we do and why we are. It will change the way you view your world. When the mind, body and spirit are in alignment, the soul is at peace.



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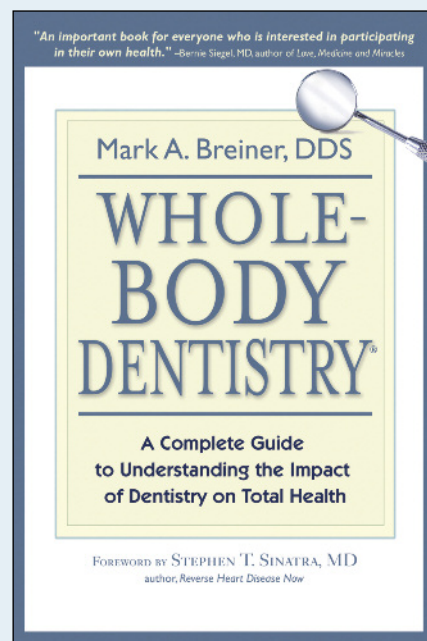


Dr. Mark Breiner

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