

Mp3 Yogani - Self-inquiry - Dawn Of The Witness And The End Of Suffering

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"Self-Inquiry - Dawn of the Witness and the End of Suffering" provides practical methods for making use of abiding inner silence (the Witness) cultivated in Deep Meditation, resulting in increased inner stability and happiness. 38 MP3 Songs SPOKEN WORD: Instructional, SPOKEN WORD: Inspirational Details: Read by the author. // Run Time: 3 Hours, 51 Minutes (MP3 Download) // Publisher: AYP Publishing December 2007 // Language: English // Available in MP3 Format "Self-Inquiry - Dawn of the Witness and the End of Suffering" provides practical methods for making use of abiding inner silence (the Witness) cultivated in Deep Meditation, resulting in increased inner stability and happiness amidst the ups and downs of life. The practice of Self-Inquiry also aids us in realizing the ultimate truth of existence - the Oneness that we are and the Unity of all that exists. With the dawn of the Witness, we develop an increasing ability to observe our thoughts as objects. As our sense of self shifts from our thoughts to the silent Witness within, the grip of suffering is ended. Yogani is the author of two landmark books on the world's most effective spiritual practices: "Advanced Yoga Practices - Easy Lessons for Ecstatic Living," a comprehensive user-friendly textbook, and "The Secrets of Wilder," a powerful spiritual novel. The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction programs. "Self-Inquiry" is the seventh program in the series, preceded by "Diet, Shatkarmas and Amaroli," "Samyama," "Asanas, Mudras and Bandhas," "Tantra," "Spinal Breathing Pranayama," and "Deep Meditation." See links below for all AYP programs and books. People who are interested in Deepak Chopra Eckhart Tolle Wayne Dyer should consider this download.

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