



Achieving Oneness With The Higher Soul Master Choa Kok Sui

By Master Choa Kok Sui

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Ancient Meditations, kept secret for centuries, are now revealed and taught to the public.

This rare book discusses the meaning of Soul Realization and two advanced meditations - Meditation on Twin Hearts and Meditation on the Soul.

The esoteric meaning of the I AM in different religions and philosophies is discussed in simply and easy to follow steps.

Other topics include: Activation of the heart and crown chakras; Kundalini Energy and Soul Realization; raising one's consciousness; achieving Stillness; difference between Meditation and Concentration; The Three Permanent Seeds; Advanced Pranic Breathing Techniques; And Much More!

These techniques allow you to accelerate the Union of your incarnated soul (often described as the personality or lower self) with your Higher Soul (Higher Self). This phenomenon is known as "Soul Realization".

Learn the Inner Secrets of: the Blue Pearl, the 12th Chakra

Increase the size of the "communication cable" between your Higher Soul and incarnated soul. This is seen in religious pictures as a shaft of light coming down to an illuminated halo. It is also depicted as the "Descent of the Holy Spirit" in Christian terminology. Experience your Soul in everyday life.

The purpose of yoga is to realize that you, the incarnated soul, are one with your Higher Soul. The purpose of yoga is union with your Higher Soul and union with all souls."

- Master Choa Kok Sui

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Bibliography**

- Sales Rank: #395912 in Books
- Published on: 2005
- Original language: English
- Number of items: 1
- Binding: Paperback
- 243 pages

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