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Chakras, Mudras y Bandhas

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Qué son los Bandhas y cómo se practican - El blog de Yoga

A medida que el practicante de yoga progresa en su camino, los bandhas deben incorporarse a las técnicas de mudras y pranayama para que al estimularse el flujo del prana los bandhas controlen y dirijan al lugar preciso el prana evitando su dispersión. Es cuando se combinan las técnicas yoguis que se despiertan las facultades psíquicas.

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Al igual que existen coincidencias entre mudras y bandhas, en el nombre y función, también hay coincidencias entre asanas, mudras y bandhas. Esto se describe en Despertando el Kundalini Extático 7 ver en los capítulos siguientes, donde se señalan algunas de las similitudes. Es todo un proceso de transformación espiritual humana.

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- This is a comprehensive and insightful look into the life of a brilliant scientist, Marie Curie. It is an intimate portrait of her triumphs and hard times. Blessed with superior intellect and a knack for science, she was determined not to let sexist trends of the time hold her back. Curie learned complicated math and science at a young age with her father's help and her fierce study habits. Science was everything to her. Although this book is melodramatic at times, the

psychology of Marie Curie is very interesting; she led a wonderful and tragic life. Goldsmith effectively describes the intensity of her achievements against the odds, and reveals her inner world. Her husband Pierre was her flame, her partner in science and in life; once that flame went out, she lost her spirit. Reading this book will make you see her in a totally different way.

- If you want a balanced, erudite assessment of corporate corruption & its effect on America, read David C. Korten's book "When Corporations Rule the World". It's excellent. IMHO, Huffington writes like a tabloid journalist. She's so busy being "cute" or "clever" or shooting "barbs" she fails to make cohesive points. She intersperses her facts with quasi-humble attempts to identify herself as an icon of ethics, however even she realizes that her "Republican bandwagon" years have to be accounted for. So...she mentions that while she was giving speeches from that soapbox, she had the right intentions in her heart. She actually says, "Now, at last, we've discovered the truth" or something to that effect. Korten presents facts, evidence and nicely balanced conclusions. He doesn't find personal attacks necessary to make his points. Huffu spends too much time attacking, mocking & being "superior". Those qualities are identical to the ones espoused by the arrogant CEO's she's writing about. Apparently those qualities are still making money for some people. Save your money - if you're concerned & want the facts, read Korten's book.