



The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness

Sanjay C Patel

Download now

[Click here](#) if your download doesn't start automatically

The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness

Sanjay C Patel

The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness
Sanjay C Patel

This is a book about the Yoga Sutras – the original ancient teachings describing yoga's aim and benefits.

Some years back, Sanjay C Patel read an article in a world-famous US-based news magazine. It described the extraordinary discovery of hydrothermal vents. They are beyond human knowledge without diving to the seabed using a modern submarine.

Scientists discovered that salty water from the sea is sucked down into the seabed where its salts are removed. This water is then ejected back into the ocean at sites on the seafloor called vents.

Remarkably, this solved a longstanding scientific mystery: Even though new salt is pouring into the ocean with river silt from the continents, the salinity of the oceans has remained relatively constant across millions of years. What was causing this? They realized it was the water recycling process in the seabed.

Patel found this new finding curious because yoga texts 2000 years old describe the exact same process. But the ancient passages also say the water recycling process is associated with an underwater fire.

He wrote to the scientist who authored the article and asked if hydrothermal vents were associated with some sort of underwater fire. He curtly replied, “There is no similarity between your ancient texts and modern discoveries.”

A few years later another article appeared in the same magazine. It said hydrothermal vents are associated with fiery submarine volcanoes and volcanic activity – just as the ancient yogis said!

Though the earlier scientist was not honest with his response, Patel rejoiced. He began researching the similarities in great depth and his work on ancient yoga's scientific beliefs was published in peer-reviewed, mainstream, international scientific journals.

In this book Patel brings you the ultimate proof of the Yoga Sutras and its beautifully proven scientific claims about you – your true potential, your inner strengths, your higher, all-knowing Self. You connect to your true Self and the entire world. Said the ancient yogis, “The enlightened can see the whole universe with their eyes perfected in yoga.”

Every word of the Sutras turns out to be true.

Yoga, says the Sutras, is not about twisting into a pretzel but untwisting the wound up mind. This leads to something called ‘Samadhi.’

It's a condition of incredible happiness and wisdom. It leads you to amazing intuitive knowledge of people and our world. Its past, present, and future. Your past lives. Clairvoyance. Extra-sensory perception. Supernormal powers. Spiritual charisma and magnetism.

You stop judging things, people, and your physical self. You stop criticizing your persona and appearance. You stop criticizing your friends and personal setbacks. You see through illusions and burst through your ego. You live with true self-esteem and self-confidence. You learn to love yourself for who you really are. You love yourself unconditionally. You treat ‘success’ and ‘failure’ equally. That means with honor. Everything is respected, accepted as it is, and you respond with equanimity. This is Samadhi.

Can all this be true about what yoga does for you? Or are the Sutras just fantasy?

Patel shows you the amazing proof of the Yoga Sutras.

Dive into these treasures – your own inner treasures – and discover the really blissful and empowered you in this wonderful and easy to read book.

www.IsGodRealOrUnreal.com

About the author

Sanjay C Patel is a former yoga monk of 20 years. He lived at a monastery in India and has taught yoga to thousands of students. His discoveries have received the highest recognition by appearing in peer-reviewed, scientific journals. He was invited to present his findings at the prestigious International Congress of Historians of Science. He has also appeared on numerous radio programs and spoken at universities nationwide. Spirituality is winning!



[Download The Yoga Miracle: How Yoga and Meditation Bring Yo ...pdf](#)



[Read Online The Yoga Miracle: How Yoga and Meditation Bring ...pdf](#)

Download and Read Free Online The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness Sanjay C Patel

From reader reviews:

Valerie Gray:

Book is actually written, printed, or descriptive for everything. You can recognize everything you want by a publication. Book has a different type. We all know that that book is important issue to bring us around the world. Beside that you can your reading proficiency was fluently. A book The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness will make you to become smarter. You can feel a lot more confidence if you can know about anything. But some of you think in which open or reading a book make you bored. It is far from make you fun. Why they may be thought like that? Have you searching for best book or suited book with you?

Gordon Woods:

Reading a e-book tends to be new life style within this era globalization. With examining you can get a lot of information which will give you benefit in your life. Together with book everyone in this world can certainly share their idea. Guides can also inspire a lot of people. A lot of author can inspire their reader with their story or maybe their experience. Not only situation that share in the ebooks. But also they write about advantage about something that you need instance. How to get the good score toefl, or how to teach your children, there are many kinds of book that you can get now. The authors on this planet always try to improve their expertise in writing, they also doing some exploration before they write for their book. One of them is this The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness.

Clifford Caldwell:

People live in this new time of lifestyle always aim to and must have the extra time or they will get wide range of stress from both daily life and work. So , if we ask do people have time, we will say absolutely sure. People is human not really a robot. Then we consult again, what kind of activity are you experiencing when the spare time coming to you of course your answer can unlimited right. Then do you try this one, reading textbooks. It can be your alternative inside spending your spare time, often the book you have read will be The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness.

Eddie McCoy:

This The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness is great reserve for you because the content and that is full of information for you who all always deal with world and also have to make decision every minute. This specific book reveal it facts accurately using great plan word or we can say no rambling sentences included. So if you are read the item hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but tricky core information with beautiful delivering sentences. Having The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness in your hand like getting the world in your arm, info in it is not

ridiculous one. We can say that no guide that offer you world with ten or fifteen moment right but this guide already do that. So , it is good reading book. Hello Mr. and Mrs. hectic do you still doubt that?

Download and Read Online The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness
Sanjay C Patel #I9KRYSTJCFH

Read The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness by Sanjay C Patel for online ebook

The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness by Sanjay C Patel Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness by Sanjay C Patel books to read online.

Online The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness by Sanjay C Patel ebook PDF download

The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness by Sanjay C Patel Doc

The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness by Sanjay C Patel MobiPocket

The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness by Sanjay C Patel EPub