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Journey to Infinity

By Aadeshnath Aadeshnath

Xlibris. Paperback. Book Condition: New. Paperback. 68 pages. Dimensions: 9.0in. x 6.0in. x 0.2in.Yogi Hemant Panchpor alias Aadeshnath was born and brought up in a middle class family from Pune, India. He has traveled to different parts of the world in the search of mystery of spiritual world. Settled in Toronto, his thoughts are revolutionary in nature. His attachment to the culture in the East and personal development from the West makes him a right person to write on the topic. He has received spiritual blessing in the young age in India. His working life in the North America gives him insight in the life of common people. His experience as Yoga teacher and practitioner gives him authority to speak on the topic of Mental Yoga based on Bhagwad Geeta, a topic not yet touched upon in North America. Mental Yoga by Andy Bernstein or Dr. Mark Hyman is different. He tries to unlock the information locked in Sanskrit, an ancient Indian language, and brings the principles of Yoga for the benefit of the Western society. He has studied Bible, Quran as well as Bhagwad Geeta, and he is painting a picture of the future based on these holy books....

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