

THE SCIENCE OF PRANAYAMA THE DIVINE LIFE SOCIETY

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Prayer is an invocation or act that seeks to activate a rapport with an object of worship through deliberate communication. In the narrow sense, the term refers to an act of supplication or intercession directed towards a deity (a god), or a deified ancestor. More generally, prayer can also have the purpose of thanksgiving or praise, and in comparative religion is closely associated with more ...

[Gomukhasana - Wikipedia](#)

If you are a genuine seeker searching for truth, you can change the world and open the door of enlightenment through King Yoga. King Yoga is the spiritual path of The Aetherius Society, which was started in 1955 by Master of Yoga Dr George King. The main purpose of this Society is to help as many people as possible to prepare themselves for the coming New Age.

[Kundalini - Wikipedia](#)

A well disciplined life, study of scriptures, Satsang, Japa, meditation, Pranayama, Sattvic and moderate diet, daily self-analysis and introspection, practice of right conduct- all these will pave the way towards the attainment of perfection in Brahmacharya. Most people lead a life without any kind of discipline and religious ideals, with the result that they are always filled with fears ...

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Another of India's top yoga centers, Sivananda Ashram was founded by Swami Sivananda and is run by the Divine Life Society. Teachings are based around the five points of yoga -- postures, breathing, relaxation, meditation, and diet. Free yoga and meditation classes are offered daily. However, accommodations (which are also provided free of charge, along with food) are only available to serious ...

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