



# **The Secret Power of Yoga Adityam volume 1: The detailed description of lost ancient practices that expedite the process of enlightenment in the 21st century**

*Matias Flury*

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This book is a product of many years of work as a professional Yoga teacher, combined with deep personal exploration and careful scientific research, involving dozens of people, done with aura machines and Kirlian photography. It is intended to illumine and elucidate the movements of energy in the subtle body during the practice of yoga asanas, and give an understanding of the connection between the physical, mental, spiritual, and emotional realms. This book provides a profound introduction to our system of Yoga practice, and will serve as a support and a beacon of light for all serious practitioners of Yoga.

Until this time the Western world has been introduced to yoga asanas, pranayama and the many wonders of Hatha Yoga from a somewhat narrow perspective. We tend to see Yoga as a series of physical exercises, or a method of stretching and strengthening the body while quieting the mind and breath. That is all right in the beginning, but the value of Yoga goes far beyond such limited concepts. The true goal of Yoga is nothing less than Self-Realization, also known as Enlightenment, or Nirvana, or God-Realization, essentially synonymous terms which point to a timeless state of supreme peace beyond the mind. Yoga is a method by which the limiting wall of the personality is gradually deconstructed so the individual mind can reconnect with and finally merge in the infinitely-expansive pure Consciousness which is our true nature.

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