



Your Quest for a Spiritual Life: Based on Patanjali's Yoga Sutras

By Michelle Corrigan

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Your Quest for a Spiritual Life: Based on Patanjali's Yoga Sutras, Michelle Corrigan, "Your Quest for a Spiritual Life" is an easy to read version of "Patanjali's Yoga Sutras". It is aimed at those on their spiritual journeys who are seeking, and need guidance. These words have been channelled from Masters in Spirit and will inspire you to have the discipline needed to keep walking your spiritual path. Many questions will be answered and help is given to keep you focused. You will see how far you have come on your path and which direction you are going, and what to do when you get there! The book explains how important it is to do energy work - some form of physical movement, breathing techniques - to shift energy, and meditation - to calm the mind.



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