



The Body, Volume 4 (Part 2), (The Notebooks of Paul Brunton Series)

By Paul Brunton

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2012. Softcover. Book Condition: New. First Edition. The Body is a balanced course in perceiving and perfecting the physical body's potential to become an eloquent expression of the divine force within. All the exercises, breathings, hygienic and dietary suggestions collected in this second volume have a two-fold purpose. First, to make the development of intuition and the deepening of meditation easier. And second, to assure physical, psychological and spiritual safety when awakening and directing the spirit-energy locked within the unregenerated physical organism. With the ultimate goal of transmuting "sexual" energy to its higher octave, The Body presents a sane and effective graduated sexual ethic that acknowledges individual levels of development and spiritual commitment. Printed Pages: 167.



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