



The Yoga Miracle: How Yoga and Meditation Bring You Health, Happiness, and Spiritual Wellness

Sanjay C Patel

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This is a book about the Yoga Sutras – the original ancient teachings describing yoga’s aim and benefits.

Some years back, Sanjay C Patel read an article in a world-famous US-based news magazine. It described the extraordinary discovery of hydrothermal vents. They are beyond human knowledge without diving to the seabed using a modern submarine.

Scientists discovered that salty water from the sea is sucked down into the seabed where its salts are removed. This water is then ejected back into the ocean at sites on the seafloor called vents.

Remarkably, this solved a longstanding scientific mystery: Even though new salt is pouring into the ocean with river silt from the continents, the salinity of the oceans has remained relatively constant across millions of years. What was causing this? They realized it was the water recycling process in the seabed.

Patel found this new finding curious because yoga texts 2000 years old describe the exact same process. But the ancient passages also say the water recycling process is associated with an underwater fire.

He wrote to the scientist who authored the article and asked if hydrothermal vents were associated with some sort of underwater fire. He curtly replied, “There is no similarity between your ancient texts and modern discoveries.”

A few years later another article appeared in the same magazine. It said hydrothermal vents are associated with fiery submarine volcanoes and volcanic activity – just as the ancient yogis said!

Though the earlier scientist was not honest with his response, Patel rejoiced. He began researching the similarities in great depth and his work on ancient yoga’s scientific beliefs was published in peer-reviewed, mainstream, international scientific journals.

In this book Patel brings you the ultimate proof of the Yoga Sutras and its beautifully proven scientific claims about you – your true potential, your inner strengths, your higher, all-knowing Self. You connect to your true Self and the entire world. Said the ancient yogis, “The enlightened can see the whole universe with their eyes perfected in yoga.”

Every word of the Sutras turns out to be true.

Yoga, says the Sutras, is not about twisting into a pretzel but untwisting the wound up mind. This leads to something called ‘Samadhi.’

It’s a condition of incredible happiness and wisdom. It leads you to amazing intuitive knowledge of people and our world. Its past, present, and future. Your past lives. Clairvoyance. Extra-sensory perception. Supernormal powers. Spiritual charisma and magnetism.

You stop judging things, people, and your physical self. You stop criticizing your persona and appearance. You stop criticizing your friends and personal setbacks. You see through illusions and burst through your ego. You live with true self-esteem and self-confidence. You learn to love yourself for who you really are. You love yourself unconditionally. You treat 'success' and 'failure' equally. That means with honor. Everything is respected, accepted as it is, and you respond with equanimity. This is Samadhi.

Can all this be true about what yoga does for you? Or are the Sutras just fantasy?

Patel shows you the amazing proof of the Yoga Sutras.

Dive into these treasures – your own inner treasures – and discover the really blissful and empowered you in this wonderful and easy to read book.

www.IsGodRealOrUnreal.com

About the author

Sanjay C Patel is a former yoga monk of 20 years. He lived at a monastery in India and has taught yoga to thousands of students. His discoveries have received the highest recognition by appearing in peer-reviewed, scientific journals. He was invited to present his findings at the prestigious International Congress of Historians of Science. He has also appeared on numerous radio programs and spoken at universities nationwide. Spirituality is winning!

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