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### **In De Ban Van Sadhguru - Uitgeverij Samsara**

Leerden We De Shambhavi Mahamudra Kriya, Die We Thuis Dagelijks Oefenden.  
Steeds Meer Yoga-elementen Vielen Op Hun Plek. Niet Alleen Fysiek, Ook In Het  
Hoofd, Dat Steeds Helderder Werd. Ik Ervoer Dat Elke Beperking In Het Lichaam Een  
Gerelateerde Component In Het Hoofd Heeft Qua Belemmerende Gedachte, En Zo  
Heeft Elke Negatieve Gedachte Een Corresponderende Fysieke Component. En Ik  
Leerde Dat ... 7th, 2021

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