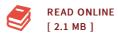




## Food Yoga: Nourishing Body, Mind Soul (Paperback)

By Paul Rodney Turner

Food for Life Global, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Author Paul Rodney Turner the food yogi takes you on a journey of rediscovering food and its importance in our spiritual evolution. FOOD YOGA not only offers practical guidance on how to live a healthy and happy life by reconnecting with nature, but also introduces the reader to the power of food as a uniter and a medium for expressing our love for the divine. Food yoga springs from the belief that the kind of food we eat affects our consciousness and subsequent behaviours. All the world s great spiritual traditions have elaborate food offering rituals carefully designed to expand consciousness and all use food as a means to represent or please the Divine and to expand the consciousness of their followers. Food yoga is, in essence, a discipline that honors all spiritual paths by embracing their core teaching - that food in its most pure form is divine and therefore an excellent medium for spiritual purification.



## Reviews

Thorough information! Its this sort of good read. It is actually writter in straightforward words rather than confusing. I am just delighted to let you know that this is basically the best book we have read within my personal existence and can be he greatest pdf for actually.

-- Dr. Henri Crona II

This sort of pdf is every little thing and made me seeking forward and a lot more. This is certainly for all who statte that there was not a worth reading through. I found out this book from my dad and i recommended this publication to discover.

-- Christopher Kozey