

Fra baksiden av boken *Cognitive Yoga*

Are you ready to begin the process of making yourself a new etheric body and individuality?

In the last century, Rudolf Steiner issued a challenge for practitioners of western spiritual science. Would it be possible to develop a new form of cognitive, or Michaelic, yoga? In contrast to the eastern yogis of old - who practiced the spiritualization of inhalation and exhalation - such contemporary yogic practice would involve a spiritualization of thinking as well as a transformation of perceptions and sensations.

In *Cognitive Yoga*, Dr Ben-Aharon responds to that call, developing the entire modern yogic process and describing it in remarkable detail. Through the methods presented, committed practitioners of anthroposophy can create a living framework for spiritual research through a fully spiritualized thinking accompanied by a complete renewal of the experiences of perception and sensation as well as of the human body itself.

Included in the contents of this extraordinary book is a comprehensive guide to the spiritualization of the senses and how this leads to a transmutation of the deepest and most unconscious bodily processes and functions. Cognitive Yoga culminates in a pioneering description of a completely individualized meeting with the etheric Christ in the etheric world - the most important spiritual and human experience that people can have in our time and over the millennia to come.

This seminal work, built on decades of first-hand research, provides tangible evidence that western spiritual schooling is not only alive and well, but also full of potential for future development. Ben-Aharon offers a fully formulated and practical guide to a knowledge of the present revelations of the spiritual world.