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## Healing the Future: The Journey Within

By Deepak Kashyap

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2001. Softcover. Book Condition: New. The greatest possibilities of body-cure, says the author, lie in 'forgetting' the body. To the extent we lose body-consciousness and identify with the Spirit, physical disability and mental trauma disappear on their own. Yoga is actually the process that signifies our graduation from body to spirit via the mind, and catapults us to a state of existence that is proactive and literally, creative of our own healthy future. Healing the Future is then, an attempted tip-off on the little secrets of holistic living that can be mastered in easy, small steps. Equally, it is an attempt at interpreting the ancient Upanishadic wisdom through the prism of the author's own scientific outlook and spiritual experiences, so as to help place your evolving destiny in your own deft hands. Quite literally, this book urges you to treat consciousness as a canvas, and begin adding new colour, shine and texture to your tomorrow from this very instant.



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