



## Saradesi Satva: The Yoga of Eternal Youth (Paperback)

By Almine

Spiritual Journeys, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ancient texts speak of time as movement. They affirm that time and space, movement and stillness, are illusions. To sustain any illusion requires an enormous amount of resources. This depletion of resources causes aging and decay. The illusion of polarity, the impossibility that the One Life can be divided and split, is brought to resolution by balancing the opposite poles exactly. Only then can they cancel one another out, revealing an incorruptible reality that lies beyond - the reality of Eternal Youth.



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