

## Robert Svoboda

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 The Complete Book of Ayurvedic Home Remedies

*Robert Svoboda*

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### LILLIANNA HOOPER

[Nine Designs for Inner Peace](#) Lotus Press

Ayurveda - the science of life - is a system of health and healing that has been practiced in India for over 5000 years. In this book, Robert Svoboda aims to provide women with an understanding of how ayurveda can work to heal and empower the female body, mind and spirit.

**Prakruti** Lotus Press (WI)

Previously published by David & Charles Publishers of the UK in 1999.

[Prakriti Your Ayurvedic Constitution](#) Rupa Publications India Pvt Limited

Ayurveda, The Universal Healing Art. More Than A Medical System. Developed From The Vedas, India's Ancient Books Of Wisdom, Ayurveda Combines Physical, Psychological And Spiritual Therapies In An Approach To Health That Is As Relevant To The Modern World As It Was To The Ancient World When It First Became Part Of India's Collective Consciousness. Here Is A

Definitive Handbook Of A Health Care Both Sensible And Sublime, That Is Still Alive And Well Itself—The Author Is The First Westerner To Graduate From An Indian Ayurvedic College. Utilizing Herbs And Minerals, Proper Nutrition And Purification And, Above All, Affirmative Ways Of Living, Ayurveda Treats Not Just The Ailment But The Whole Person And Emphasizes Prevention Of Disease To Avoid The Need For Cure. Its Ancient Message Has Helped Spread The New Holistic Thinking In The West, Encouraging Us To Become 'Stewards Of Life'; In Order, Now, To Give Civilization Itself A Chance To Heal.

*Living with Reality* Motilal Banarsidass Publ.

The telling of mythic stories has always been a powerful form of therapy, bringing healing to people facing adversity. The greatness of Saturn is such a therapeutic myth, told and retold through many centuries. Taken from the East Indian Vedic tradition, it honors the planet Saturn, who personifies time, limitations, loss, and all forms of adversity.

[Light on Life: An Introduction to the Astrology of India](#) Lotus Press (WI)

FROM THE FOREWARD OF GAIA GOURMET: As my association with The Sanctuary at Two Rivers in

Costa Rica dates to well before its actual appearance in the forest there on the beautiful Nicoya Peninsula, I find it particularly satisfying to be able to pen a few words introduce in honor of Gaia Gourmet, the cookbook that has emerged from The Sanctuary's womb. Gaia is of course a name for the Earth Goddess, our Mother Earth from whom we are born, from whose bosom we are nourished, and to whose embrace we all eventually return. Gaia Ma has made healthy sustenance available for all her children, and it is a sad commentary on our pretense at being civilized that humans are as a species so ridiculously undernourished at a cellular level at a time when we have more food available per capita than ever before in our history and a full one-third of everyone on Earth is either overweight or obese. We are now awash in cheap food solely because of Gaia-destroying, industrialized animal farms and agricultural practices whose production practices ravage our environment and poison our bodies. We have entered the sixth great extinction event in the history of our planet, the first one which is being caused solely by the malicious influences of a single species: us. Ominously for us, just as Gaia survived even the 'Great Dying' She will surely survive the ill effects of Her currently serious infestation by Homo sapiens; the real question is

whether we will be able survive. If we aim to make it through the new millennium our only hope will be to return promptly to caring for ourselves and our world alike, righting imbalances both within and without before those imbalances destroy our ability to survive. Critical to reversing the damage to our environment will be huge reductions in the mass production of meat for food. The United Nations' Food and Agriculture Organization (FAO) has stated bluntly that "the livestock sector is a major stressor on many ecosystems and on the planet as a whole. Globally it is one of the largest sources of green- house gases and one of the leading causal factors in the loss of biodiversity, while in developed and emerging countries it is perhaps the leading source of water pollution." It is moreover a highly wasteful way to generate calories for human consumption. Consuming a plant-based diet containing no or minimal animal-derived constituents is a sound investment in the health and wellness of both our inner and outer domains. Studies have shown that a vegetarian diet generally increases life-span while lowering the risk of coronary heart disease, the number one killer in the world today. Chef Naga, author of Gaia Gourmet, is a long-time vegetarian whose approach to living yogically is exemplified in his cuisine. His culinary alchemy yields outstanding meals layered with dimensions of flavor. Locally-procured organically grown produce combined with well-chosen, meticulously proportioned spices and a wide variety of protein-rich nuts, seeds and legumes results in well-rounded, nutrient-dense dishes. He focuses in his recipes on bringing vata back into balance, given that all aspects of our fast-paced, globally-connected modern reality promote vata overload. Ideally you will experience the talents of Chef Naga by visiting The Sanctuary and enjoying his creations as a lodger in one of Mama Gaia's grandest expressions of beauty and tranquility, but if that is not currently possible, this cookbook is the next best thing to having these delectable preparations served to you there. Enjoy Dr. Robert Svoboda 2017

*Ayurveda for Women* Lotus Press

The Aghora trilogy have been embraced world-wide for their frankness in broaching subjects generally avoided and their facility for making the 'unseen' real. We enter the world of Vimalananda who teaches by story and living example.

*Aghora* books catalog

Chinese Medicine and Ayurveda explores the enduring features of humanity`s longest and continually practised systems of medicine. These two indigenous healing arts arising independently in China and India communed and exchanged experience, techniques, and therapeutic substances over the epochs of their development. This book`s interesting and valuable comparison provides a pioneer effort in examining side by side two great systems of medicine, studying closely the historical, theoretical and practical relationships. In so doing, it offers these ancient paradigms into the practice of modern healing for a synergistic, inclusive approach.

**Aghora II** Weiser Books

This work explores the healing science of Ayurveda which is based upon the knowledge of Prakriti, the individual constitution. It claims that if every individual knows his or her own constitution, then one can understand, for instance, what is a good diet or style of life for oneself.

**Aghora II** DIANE Publishing

Light on Life brings the insight and wisdom of Indian astrology to the Western reader. Jyotish, or Indian astrology, is an ancient and complex method of exploring the nature of time and space and its effect upon the individual. Formerly a closed book to the West, the subject has now been clarified and explained by Hart de Fouw and Dr. Robert Svoboda, two experts and long-term practitioners. In Light on Life they have created a complete and thorough handbook that can be

appreciated and understood by those with very little knowledge of astrology.

**Aghora** Aghora

Tao and Dharma: Chinese Medicine and Ayurveda explores the enduring features of humanity's longest and continually practiced systems of medicine. These two indigenous healing arts arising independently in China and India communed and exchanged experience, techniques, and therapeutic substances over the epochs of their development. This book's interesting and valuable comparison provides a pioneer effort in examining side by side two great systems of medicine, studying closely the historical, theoretical and practical relationships.

*The Hidden Secret of Ayurveda* Simon and Schuster

Aghora, described in this volume as super-tantra , is a Path of Devotion to the Great Mother Goddess Kundalini, here manifesting with the Name and Image of the Goddess Tara. This way is one of extraordinary extremes and intensities, even for tantra, and its aim is nothing less than to destroy the human limitations of the practitioner, so that he or she becomes a super-human in fact, a kind of deity.

**At the Left Hand of God** Inner Traditions / Bear & Co

Robert E. Svoboda's Vāstu: Breathing Life into Space addresses the classical Indian art (or science) of architectural form, Vāstu, in a wholly unique way. Instead of presenting lists of rules and architectural principles to which builders and interior designers must scrupulously adhere at all times, the work sensitizes the reader to the dynamics of space, alignment, and form in ever-expanding orbits of individual life. The book allows readers and home builders to understand the complex dynamics of individual, terrestrial, and celestial energetic systems leading to the greater synergy between space, nature and the individual.

**Aghora: The law of karma** Rupa Publications India Pvt Limited

A complete guide to creating planetary yantras to access their healing and centering benefits • Provides easy-to-follow instructions to create the yantras • Serves as an introduction to active meditation, which focuses the mind while the body is engaged in a meditative activity The tantric art of drawing or painting the nine designs known as yantras is an ancient practice of active meditation that releases positive healing and centering effects. Each of the nine designs corresponds to one of the nine qualities of body and mind essential to well-being: radiance, nourishment, passion, intellect, expansion, bliss, organization, uniqueness, and spirituality. From the basic elements of the square, the circle, and the triangle, dynamic visual meditations unfold as the practitioner works clockwise from the outer elements inward toward the central point of stillness, or bindu, the source of happiness within. An accompanying mantra is recited while preparing each yantra to fully engage the senses in the meditative process. Creating the design that "speaks" most to the practitioner enables its unique healing quality to be transmitted. For example, working on the yantra named "Radiance" cultivates optimism and the self-confidence to succeed in one's endeavors, while "radiating," or imparting, one's inner light to others. This workbook provides an important resource for active meditation, a practice revered for its effectiveness in revealing the spiritual underpinnings of everyday life. The active participation of the body in meditation while creating the nine planetary yantras raises to the level of spiritual ritual the practitioner's intention toward wakefulness and gives access to profound states of healing integration.

**Ayurveda for Women** Bookbaby

Dr. Svoboda's original work on the constitutional types in Ayurveda has been considered a classic for many years. His new revision and expansion of the subject comes after much further research

and practical experience. Dr. Vasant Lad points out: "The healing science of Ayurveda is based totally upon the knowledge of "prakriti," the individual constitution. If every individual knows his own constitution, then one can understand, for instance, what is a good diet and style of life for oneself. One man's food is another man's poison. Therefore, to make one's life healthy, happy and balanced, the knowledge of constitution is absolutely necessary."

**Aghora** Harmony

"The telling of mythic stories has always been a powerful form of therapy, bringing healing to people facing adversity. The Greatness of Saturn is such a therapeutic myth, told and retold through many centuries. Taken from the East Indian Vedic tradition, it honors the planet Saturn, who personifies time, limitations, loss, and all forms of adversity." "No person goes through life without sometime being touched by Saturn. This book presents a classic Saturn story and a clear view of the cosmology from which the story came. As we hear the story and come to understand its context, we experience a deeper understanding of what it means to be human."--BOOK JACKET.Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

*Aghora* Rider

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**Ayurveda** Lotus Press

ABOUT THE BOOK:This book is based on Ayurveda, the ancient healing science of India, by a Westerner first ever to obtain a degree in Ayurveda. It is meant to reintroduce modern man to Walking With Naked Feet through life to come back into contact w

[Common Standards for Legal Retrieval Systems](#) IPG

The first full-length biography of Lola Ridge, a trailblazer for women, poetry, and human rights far ahead of her time This rich and detailed account of the life and world of Lola Ridge, poet, artist, editor, and activist for the cause of women's rights, workers' rights, racial equality and social reform. From her childhood as a newly arrived Irish immigrant in the grim mining towns of New Zealand to her years as a budding poet and artist in Sydney, Australia, to her migration to America and the cities of San Francisco, Chicago, and New York. At one time considered one of the most popular poets of her day, she later fell out of critical favor due to her realistic and impassioned verse that looked head on at the major social woes of society. Moreover, her work and appearances alongside the likes of Margaret Sanger, Emma Goldman, Will Durant, and other socialists and radicals put her in the line of fire not only of the police and government, but also the literary pundits who criticized her activism as being excessive and melodramatic. This lively portrait gives a veritable who's who of all the key players in the arts, literature, and radical politics of the time, in which Lola Ridge stood front and center.

*Ayurveda for Women* Motilal Banarsidass Publishes

Book 2 of the trilogy explores the kundalini, the force of forces. Tantra, mantra, the sacred fire, chakras and consciousness. Written in the personable form of Vimalananda's storytelling and recounting of life's episodes we are able to truly enter the invisible realms.

**Chinese Medicine and Ayurveda** Penguin Books India

Tao and Dharma: Chinese Medicine and Ayurveda explores the enduring features of humanity's longest and continually practiced systems of medicine. These two indigenous healing arts arising independently in China and India communed and exchanged experience, techniques, and therapeutic substances over the epochs of their development. This book's interesting and valuable comparison provides a pioneer effort in examining side by side two great systems of medicine, studying closely the historical, theoretical and practical relationships.

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