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- Sales Rank: #31457 in eBooks
- Published on: 2014-11-21
- Released on: 2014-11-21
- Format: Kindle eBook

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Editorial Review

About the Author

Born in Argentina and raised by a series of Native Indian nannies, Matias Flury had his first spiritual experiences when he was just a boy. In his late teens, through compulsive overuse of a breathing technique he had learned in a martial arts class, he developed tachycardia (a dangerously rapid heartbeat), and for a time teetered on the edge of severe physical and mental illness. While living as a jewelry seller to hippies, he married a young American woman, and in California they met Amma, the hugging Saint, and also another Indian saint named Sufi Baba, both of whom gave potent blessings. Eventually he discovered that he had Hepatitis C, which he had apparently contracted through blood transfusions in his childhood. He went through a long process of trying to heal it, following the advice of many doctors, but nothing was helpful. Finally he tried fasting, and soon found some relief for his symptoms. Eventually he did a water fast of 50 days, combined with long hours of meditation; this was followed by a three-day absolute fast not even drinking water. This culminated in an extraordinary shamanic journey – and the complete healing of his hepatitis. Finding he had a talent for yoga, he became a yoga teacher, and gradually developed his own system of yoga, “Yoga Adityam,” combining yoga asanas with pranayama and bandhas (yogic body locks), and based on Kirlian photos which show how the chakras and aura are affected by each asana. The “Yoga Adityam” system is now being shared with the world in a 3-volume set of self-published e-books available on Amazon.com. Eventually he and his wife went to India, and spent more time with Amma and several other saints, including an Avadhuta in Tiruvannamalai and a Tibetan Rimpoche in Dharamsala, and had remarkable experiences with all of them. He has also made connections with shamans in Latin America, including a woman who channels beings of light, who assisted him in performing some exorcisms of possessed people in their area. In short, he has had an amazing and unusually eventful life! “Spiritual Experiments” is his story.

Users Review

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