

2011 MEDITATION RETREAT IN GANESHPURI, INDIA

Mark Griffin delivered a very powerful body of teachings in the 2011 Retreat, over the course of 7 days. This is the complete transcript, including the in-depth teachings about the Astral Body. As you read this teaching, you'll be transported to the heartland of the Siddhas. Here's a quote from Mark taken from the talks: The astral body is the key to your spiritual life. Having a strong relationship to your astral body is really the key to spiritual life really being fun and interesting. For most people, because they're identified with the physical body, all the spiritual processes feel almost like a burden. There's a point that will come when you will finally get the message of what I'm saying here when I say it's really a lot easier if you stop identifying with your physical body, and shift your identity to the body that actually carries the life force. That is the form in which you entered this life. You came into this life and entered the womb of your mother in a gaseous form, and inside that gas was all of your data. The subtle body is where the life force is committed. This is the body that you're in. So as you come and go in your various forms of life, the subtle body is indestructible...well, not all the way indestructible, but let's say it's fire-proof. A person goes through the process of life and then death; death takes place and the body is burned – the liberation of the soul through the movement of the subtle body. That subtle body is not effected by the process of the death of the body. It simply exits the body as if you're exiting a building.

•THE TEACHINGS - A SERIES OF KINDLE BOOKS

To study with an enlightened being is a truly rare and special opportunity. Mark Griffin is such an individual and offers a center for engagement in spiritual training, known as the Hard Light Center of Awakening. In the context of weekly meetings and monthly retreats, he gives discourses on the nature of enlightenment, the path to realization and the reality of truth. These talks have been carefully transcribed and lightly edited, and are presented in the Teachings series. For more information, please visit www.hardlight.org.

ABOUT THE AUTHOR - MARK GRIFFIN

Meditation Master Mark Griffin, the founder of Hard Light Center of Awakening, was a student of Swami Muktananda of the Siddha Yoga Lineage who, in turn, was a disciple of Swami Nityananda. Griffin, who teaches in Malibu, CA, exists in states of Nirvikalpa Samadhi and identifies meditation as the core of his teaching. He presents ancient knowledge of the various strands of Yoga dating back to the Vedas in contemporary terms, both mystical and scientific. As such, his work complements and agrees with many esoteric practices including Taoism, Tantra, Yoga, Shamanism and theoretical physics. Mark Griffin is a Westerner who was born in the 50s in the Pacific Northwest. His childhood encompassed a usual American middle-class scenario, followed by tumultuous teen and early adult years spent in a very aggressive pursuit of higher knowledge and purpose. Mark's studies in art and music brought him to the San Francisco Bay area where he met his Guru, Swami Muktananda, in 1976. After six years of full-time immersion in the study of meditation, Mark encountered a milestone of extreme spiritual significance—entrance into an advanced state of consciousness known as Nirvakalpa Samadhi. Very shortly thereafter, Muktananda died. Great teachers of the Kagyu tradition came to Mark's assistance, and he received continued instruction in maturing and stabilizing his abilities in meditation from Kalu Rinpoche and Chogyam Trungpa. Mark Griffin founded the Hard Light center of Awakening in 1989, and continues to teach in Los Angeles, California.

Sophies Different (James Madison Series Book 3), American Grub, Write Through the Bible, Junior: Philippians 2:1-18 ESV, Ball-and-Stick, ORIGINAL PRINTED PATENT APPLICATION NUMBER 1,149 FOR IMPROVEMENTS RELATING TO WIND AND WEATHER SCREENS FOR MOTOR VEHICLES. [1910], Creature Catchers, Philosophy of Probability, Up from Eden, Advertising Campaign Strategy, B0447 Characterisation of high temperature materials-Non-Destructive Testing (matsci), Vertraute Briefe Uber Die Innern

Verhlttnisse Am Preussischen Hofe Seit Dem Tode Friedrichs II. (German Edition),

We're located in Northern India, in the forested hills above the town of McLeod Ganj, News Archive Â· News Archive Â· News Archive / Â· News Archive The Four Close Applications of Mindfulness Meditation Retreat Tushita is extremely fortunate to offer courses and teaching events with special. The retreat will include teachings and meditations on: awareness of suffering and its causes; how to develop compassion for self and others; and visualizing.

Dalai Lama Teachings and Meditation Retreat in India. Lisa Tully and The dates for this program are October 27 through November 7, To see the full . A 5-day Silent Meditation Retreat Led by Dharma Teacher Tsony Path centers is grounded in the teachings of the 11th century Indian Buddhist master Atisha. Norman began teaching Insight Meditation retreats in , and since then he has taught America, India, and England, primarily with teachers in the Theravada Buddhist tradition. She has been teaching Insight Meditation since An 8-day retreat focused on an authentic study, practice and experience of meditation and Events Â· Events Â· Events Â· Events Â· Events . guided plan on how to integrate these teachings into your life when you return home. kerala south india - Enstasy - A Meditation Retreat in India. Mindfulness retreat, workshop in India, Buddhist Pilgrimages to India, Nepal, Bhutan, tradition are visiting India from the US and will be offering some teachings. .. January at the India International Centre (IIC) in Conference Room 1.

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