



Mind and Body Are Not Two Things: on the mystery of the body according to the yoga system of Patanjali (OSHO Singles)

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Patanjali the founder of ancient Yoga has laid out a fascinating understanding of body and mind. Osho brings this ancient system into a contemporary understanding, creating a holistic approach to health and meditation. He give some significant attention and background understanding to vegetarianism stating that naturally, we should be vegetarians .

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