

Egyptian Yoga: The Philosophy of Enlightenment

By Muata Ashby



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1. EGYPTIAN YOGA: THE PHILOSOPHY OF ENLIGHTENMENT An original, fully illustrated work, including hieroglyphs, detailing the meaning of the Egyptian mysteries, tantric yoga, psycho-spiritual and physical exercises. Egyptian Yoga is a guide to the practice of the highest spiritual philosophy which leads to absolute freedom from human misery and to immortality. It is well known by scholars that Egyptian philosophy is the basis of Western and Middle Eastern religious philosophies such as Christianity, Islam, Judaism, the Kabala, and Greek philosophy, but what about Indian philosophy, Yoga and Taoism? What were the original teachings? How can they be practiced today? What is the source of pain and suffering in the world and what is the solution? Discover the deepest mysteries of the mind and universe within and outside of your self



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Editorial Review

About the Author

Reginald Muata Ashby holds a Doctor of Philosophy Degree in Religion. He is an independent reseacher and practitioner of Egyptian, Indian and Chinese Yoga and studied Yoga under the supervision of Spiritual masters for over four years. Muata is also the author of Egyptian Proverbs.

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