

Erkenne Dich Selbst Jnani Yoga Teil 2 File Type | aa8068a2d5eace04af2ee00f34dd70af

Republic of Drivers
The Yoga of Nutrition
Golden Rules for Everyday Life
Essence of the Bhagavad Gita
Das Thomas-Evangelium. Auf der Suche nach dem Himmelreich
The Secrets of Wilder (eBook)
Vivekachudamani of Sri Sankaracharya
Healing Light of the Tao
The Secret of The Veda
Merging with ?iva
Gespräche mit Ramana Maharshi
The Book of Divine Magic
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[Republic of Drivers](#)

[The Yoga of Nutrition](#)

Rising gas prices, sprawl and congestion, global warming, even obesity—driving is a factor in many of the most contentious issues of our time. So how did we get here? How did automobile use become so vital to the identity of Americans? Republic of Drivers looks back at the period between 1895 and 1961—from the founding of the first automobile factory in America to the creation of the Interstate Highway System—to find out how driving evolved into a crucial symbol of freedom and agency. Cotten Seiler combs through a vast number of historical, social scientific, philosophical, and literary sources to illustrate the importance of driving to modern American conceptions of the self and the social and political order. He finds that as the figure of the driver blurred into the figure of the citizen, automobility became a powerful resource for women, African Americans, and others seeking entry into the public sphere. And yet, he argues, the individualistic but anonymous act of driving has also monopolized our thinking about freedom and democracy, discouraging the crafting of a more sustainable way of life. As our fantasies of the open road turn into fears of a looming energy crisis, Seiler shows us just how we ended up a republic of drivers—and where we might be headed.

[Golden Rules for Everyday Life](#)

Presentation Learn to use the strength of the mind. Many people still imagine that thoughts are forms of abstractions that have no real existence, at least outside of themselves. And yet thoughts are living entities, which propagate well beyond us and which, according to their powers, can influence not only beings but also things. 'Every one of our thoughts is pregnant with the power of the spirit which brought it into being, that power is constantly at work. Knowing this, each one of you has the possibility of becoming a benefactor of mankind; by projecting your thoughts into the farthest reaches of space, you can send out messages of light to help, comfort, enlighten and heal others. He who undertakes this work knowingly and deliberately, gradually penetrates into the mysterious arcana of divine creation.' Omraam Mikhaël Aïvanhov
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[Essence of the Bhagavad Gita](#)

Though non-dual, unconditional, ever-present love is the nature of the self of every being, the desire to constantly enjoy it informs our every pursuit. The nature of the manifold forms of love and how to attain pure unconditional love is the subject of this wonderful ancient Sanskrit text. When you understand what love is and what it isn't, there is no option but to unconditionally love your self because it is the only causeless and abiding source of happiness. Study this amazing text well, as it contains the knowledge that unlocks the secret of the Heart's perennial desire to love and be loved.

[Das Thomas-Evangelium. Auf der Suche nach dem Himmelreich](#)

[The Secrets of Wilder \(eBook\)](#)

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An in-depth instructional manual on the anatomy of the stretching body features full-color illustrations that demonstrate how muscles are worked during 115 key stretches, in a reference that discusses the benefits of stretching, rules for safe stretching, and more. Original.

[Vivekachudamani of Sri Sankaracharya](#)

Macho werden ist nicht schwer, Yogi sein dagegen sehr! Seit seine Freundin Bettina mit ihrem Yogalehrer durchgebrannt ist, hasst TV-Koch Viktor alles Esoterische. Seine Wut gipfelt darin, dass er eines Abends völlig außer sich die Scheibe ihres Yogastudios zerschmettert. Am nächsten Morgen steht der Leiter des Studios vor seiner Tür und zwingt Viktor, an einem Yogakurs teilzunehmen, wenn er nicht möchte, dass die Polizei eingeschaltet wird. Ein Albtraum! Und das ist erst der Anfang: Noch ahnt Viktor nicht, dass ein geheimnisvoller Guru sein Leben ebenso auf den Kopf stellen wird wie die attraktive Yogalehrerin Maya

[Healing Light of the Tao](#)

[The Secret of The Veda](#)

The founder of the Bourbon dynasty, Henry IV, who ruled France from 1589 to 1610, is the most romantic of French kings. Very different from his grandson Louis XIV, he was a hard-fighting, hard swearing Southerner, who fought over 200 battles and had 60 (recorded) mistresses After surviving his predecessor's murderous court, he rebuilt a France ruined by thirty years of war between Catholics and Protestants, enabling her to become the most powerful country in Europe. A man of enormous charm and humanity, he was famous for promising that every French peasant was going to have a chicken in the pot in Sundays. Even Napoleon admired him, always keeping a statue of him nearby.*

[Merging with ?iva](#)

Was passiert im Organismus, wenn man zwei auf ihren Ebenen mächtige Systeme miteinander vereint und ihre Wirkungsweisen aufeinander abstimmt? Diese Frage stellte sich Fabrizio P. Calderaro, der mit seinem „Handbuch der ketogenen Ernährung“ bereits ein Standardwerk für Fachleute und Laien erstellt hat, und schuf ein System auf ganzheitlicher Ebene, das eine der ältesten Philosophien und wohl bekannteste Übungssystem der Welt mit einem mächtigen Instrument in der Ernährung vereint. Hieraus entstand KETOGA. In täglichen Übungen vermittelt der Autor seine Erkenntnisse und führt den Leser so in eine neue „ketogische“ Praxis ein, angefangen bei einer sinnvollen, adäquaten Zusammensetzung der Makronährstoffe über das „ketogische Nidra“, der „ketogischen Zungenreinigung“, den „Asanas“, dem „Pranayama“ bis hin zum „Karma“ oder den „Darshanas“ u.v.m.

[Gespräche mit Ramana Maharshi](#)

A prose translation of 42 verses from Bhagavad Gita, selected and set in order, by Ramana Maharshi, for use of those interested in Self Enquiry. In these verses Bhagavan reveals the seeker, that which is sought and the means by which one seeks.

[The Book of Divine Magic](#)

[The Unity of Reality](#)

The religions of the world preserve the knowledge and protect the secrets of ancient powerful mantras. At the heart of world religion, and among the most powerful mantras in the history of religion, is the Navkar mantra, or Trimantra. In the book “Trimantra”, Gnani Purush (embodiment of Self knowledge) Dada Bhagwan explains the Trimantra, its mantra meaning, and the extraordinary benefits of its recitation. Whether wishing to live with no worry while facing problems in everyday life, wondering how to get inner peace, or on a spiritual quest seeking spiritual enlightenment (self realization), utilizing Trimantra provides that – and more. Among the many spiritual books available today, Dadashri's spiritual guidance about the value of Trimantra, and how to best access its spiritual power, is invaluable.

[The Yoga of Love](#)

[Und es hat Om gemacht](#)

Presentation Learning to feed consciously. No matter what type of diet you are on, the most important thing is to know how to eat mindfully. The inner state in which we absorb food and the interest we take in our actions during meals are then reflected on us. Discover how to draw subtle energies from nutrition that will allow us to better accomplish all our activities afterwards. 'Millions of years before physicists developed atomic fission, humans performed it every day in their own bodies. And they continue to realize it, for nutrition is nothing more than a process of the disintegration of matter. Eating is learning to break down matter and distribute the energy thus extracted in all organs: lungs, heart, brain. Chewing food slowly and for a long time is a first step in this disintegration. The second stage is the work of the thought which, like an extremely penetrating ray, penetrates to the heart of matter from which it releases the most subtle energies in order to support the work of soul and spirit.' Omraam Mikhaël Aïvanhov *Table of contents* 1 - Eating: an Act which Concerns the Whole Man 2 - Hrani-Yoga 3 - Food: a Love-Letter from God 4 - Choosing Your Food 5 - Vegetarianism 6 - The Ethics of Eating 7 - Fasting: I - Means of Purification II - Another Form of Nutrition 8 - Communion 9 - The Meaning of the Blessing 10 - The Spirit Transforms Matter 11 - The Law of Symbiosis

[KETOGA](#)

[Truth: Fruit of Wisdom and Love](#)

Die »Bibel des Ostens« in einer leicht zugänglichen Prosa-Version. Die Bhagavadgita gilt als das grundlegende mystisch-spirituelle Werk der Inder. Entstanden vor Tausenden von Jahren, diskutiert und kommentiert die Gita grundlegende Seinsfragen wie Liebe, Freundschaft, Tod, Sinn und Ziel des Lebens und den Zyklus der Wiedergeburten. Jack Hawley ist es gelungen, das grandiose Poem in eine wunderschöne, für den modernen westlichen Leser adäquate Prosa-Fassung zu übertragen.

[Deutsches Bücherverzeichnis](#)

An insightful collection of teachings about death and dying to help face life's greatest mystery calmly and with equanimity. Lifetimes of effort go into organizing, designing, and structuring every aspect of our lives, but how many people are willing to contemplate the inevitability of death? Although dying is an essential part of life, it is an uncomfortable topic that most people avoid. With no idea what will happen when we die and a strong desire to sidestep the conversation, we make all kinds of assumptions. Living Is Dying collects teachings about death and the bardos that have been passed down through a long lineage of brilliant Buddhist masters, each of whom went to great lengths to examine the process in minute detail. Renowned author and teacher Dzongsar Jamyang Khyentse responds to the most common questions he's been asked about death and dying--exploring how one prepares for death, what to say to a loved one who is dying, and prayers and practices to use as a handhold when approaching the unknown territory of death. Whether you are facing death today or decades from now, preparing for it can help to allay your worst fears and help you appreciate what it means to be truly alive.

[Erkenne dich selbst - Jnani Yoga - Teil 2](#)

Presentation Silence, the highest region of our soul. Of all languages, silence is that of perfection because it is the expression of our spirit that prompts us to review our life, to reflect on it and to learn from it. All this work of detachment, simplification and synthesis leads us to the true understanding of things, which is the essential goal of all spiritual practice. 'How wrong we are to think that silence denotes emptiness, nothingness, the absence of all activity or creation. In reality, there is more than one kind of silence: the silence of death and the silence of a higher degree of life. It is this silence, that of the higher degree of life, that concerns us here and that we must try to understand. This is not the silence of inertia; on the contrary, it is the stillness that surrounds a work of great intensity taking place in a climate of perfect harmony. Nor is it emptiness or absence; on the contrary, it is fullness, a fullness comparable to that experienced by two human beings who love each other very deeply and share something that cannot be expressed in words or gestures. Silence is a quality of the inner life.' Omraam Mikhaël Aïvanhov *Table of contents* 1 - Noise and Silence 2 - Achieving Inner Silence 3 - Leave Your Cares at the Door 4 - Make Your Meals an Exercise in Silence 5 - Silence, a Reservoir of Energies 6 - The Inhabitants of Silence 7 - Harmony, the Essential Condition for Inner Silence 8 - Silence, the Essential Condition for Thought 9 - The Quest for Silence is the Quest for the Centre 10 - Speech and the Logos 11 - A Master Speaks in Silence 12 - The Voice of Silence is the Voice of God 13 - The Revelations of a Starry Sky 14 - A Silent Room

[Steh auf und sei frei - Yoga und Selbstfindung](#)

Es dürfte keinen zweiten Europäer geben, der wie Selvarajan Yesudian eine fast 50-jährige Praxiserfahrung im Unterrichten

westlicher Yoga-Schüler hatte! In Zusammenarbeit mit Elisabeth Haich verfasste er wegweisende Yoga-Bücher, die noch heute ein unverzichtbares Grundlagenwissen enthalten. Mit "Steh auf und sei frei" wird Yesudians persönlichstes Buch in neuer Bearbeitung wieder zugänglich. Er schildert seine bewegendsten Erfahrungen auf seinem eigenen geistigen Weg. Die heilende und stärkende Kraft des Yoga erhält so eine überaus lebendige Anschaulichkeit. Yoga hilft, sich selbst zu heilen und das eigene Leben zu meistern! Ein einzigartiger Einblick in den geistigen Kosmos des Yoga und seine bedeutendsten Repräsentanten. Ein faszinierendes Zeugnis, wie man durch die Yoga-Praxis zu einem neuen Menschen zu werden vermag!

[The Vision of Vedic Poets](#)

"The Secret of The Veda" by Sri Aurobindo. This book is collection of Sri Aurobindo's various writings on the Veda and his translations of some of the hymns, originally published in the monthly review 'Arya' between August 1914 and 1920. This book contains few scripts in Sanskrit language. If you are unable to read Sanskrit script don't worry all scripts are translated in English and with proper Sanskrit pronunciation in Roman character.

[The Power of Breath](#)

Discover how the art of breathing can enhance your well-being and relieve stress with this engaging guide from one of the world's leading yoga gurus Breathing is the most fundamental of our body's physical processes and our most intimate companion—yet most of us give it little to no thought. However, once fully acknowledged and harnessed, the power of the breath is unlimited. It can ease stress and anxiety, boost energy and stamina, enhance self-confidence, sharpen the ability to focus, strengthen the quality of voice, and even relieve pain. With *The Power of Breath*, renowned yoga teacher Swami Saradananda aims to give gentle yet powerful guidance on the art of breathing, from the basic practices to its myriad effects on the mind and body. She explores the five types of breath—vitalizing (prana), nourishing (samana), expansive (vyana), cleansing (apana) and expressive (udana)—and provides breathing exercises for each one. She also offers mini programs for targeting specific common ailments and issues such as asthma, skin disorders, depression, lethargy and phobias—plus ways to harness your breath to enhance vocal, dramatic, or sports performance. With evocative artwork, inspiring photography, and easy-to-follow guidance, this book will enhance and affirm your daily life through the power of breathwork.

[The Skeptical Juror and the Trial of Byron Case](#)

Ramana Maharshi wurde am 30. Dezember 1879 in Tiruchuli in der Nähe von Madurai (Tamil Nadu, Südindien) geboren. Nach einem Erleuchtungserlebnis im Alter von sechzehn änderte sich sein Leben schlagartig. Bald darauf ging er von Zuhause fort und ließ sich am heiligen Berg Arunachala in Tiruvannamalai nieder. Schließlich entstand der Ramanashram am Fuße des Berges, wohin viele Verehrer des Maharshi und Besucher für einen kurzen oder längeren Aufenthalt kamen. Er blieb dort bis zu seinem Tod am 14. April 1950. Die Gespräche mit Ramana Maharshi umfassen den Zeitraum 1935-1939 und wurden von Munagala S. Venkataramiah, einem seiner langjährigen Schüler aufgezeichnet. Während dieser vier Jahre hatte der Ramanashram seinen Höhepunkt erreicht. Der Maharshi war bei guter Gesundheit, und die Halle, in der er Tag und Nacht anzutreffen war, stand für alle offen. Die Besucher strömten aus allen Weltteilen herbei. Es gab kaum ein Land, das zur einen oder anderen Zeit nicht vertreten gewesen wäre. Viele dieser Gespräche führte der Maharshi mit westlichen Besuchern. Er lehrte vorwiegend Selbstergründung (atma vichara), erläuterte aber auch alle anderen spirituellen Wege und philosophischen Richtungen, wie es für den jeweiligen Frager am hilfreichsten war. Munagala S. Venkataramiah übergab seine Mitschriften dem Ashram, und sie wurden als ›Talks with Ramana Maharshi‹ veröffentlicht. Die ›Gespräche‹ sind eines der Hauptwerke über Ramana Maharshis Lehre und ein Klassiker der Ramana-Literatur. Dies ist die erste vollständige Übersetzung aller Gespräche mit einigen erläuternden Fußnoten der Übersetzerin Gabriele Ebert.

[Life Without Conflict](#)

The guide to engaging and directing the three primordial forces of Earth, Heaven, and Higher Self to achieve enlightenment and immortality • Explains how to circulate the life force, or chi, by balancing yang (male) and yin (female) currents of bioenergy • Includes an overview of the complete Taoist body/mind/spirit system along with newly refined methods of activating the life force • The sequel to the classic *Awaken Healing Energy Through the Tao* In 1983, Mantak Chia introduced the "Microcosmic Orbit" to the West. Prior to that time, most of the Eastern energy practices transmitted to the West were incomplete, dealing only with the ascending yang/masculine channel, which shoots life-force energy up the spine. The *Microcosmic Orbit* showed practitioners how to establish the descending yin/feminine channel of the life-force energy loop. Within Taoist systems, cultivating feminine energy has always been seen as the key to gaining balance and wholeness. *Healing Light of the Tao* presents the more advanced methods of chi cultivation in the *Microcosmic Orbit*, offering a full understanding of Taoist spiritual theory through its comprehensive overview of the complete Taoist body/mind/spirit system. The book also includes more advanced meditation methods for absorbing the higher frequencies of Earth Force, Cosmic Force, and Universal Force (Heavenly chi) into the basic orbit. It establishes a spiritual science that not only emphasizes

practical benefits to health, sexual vitality, and emotional balance, but also shows how changes made in the energy body can lead to physical rejuvenation that the Taoists called immortality.

[Tri Mantra](#)

Ich habe dieses Buch geschrieben, um mit Ihnen, liebe Leser, mein Wissen zu teilen. Ich habe unzählige Bücher gelesen und viele Menschen sind zu mir gekommen, die ich beraten habe. Es ist der Impuls entstanden, dieses Buch zu schreiben, weil es ein allumfassendes Lehrbuch ist, das geistig-religiöses und spirituelles Wissen vermittelt. Ich beschäftigte mich nicht nur mit dem Christentum. Die Vertiefung und das Erkennen der Zusammenhänge – angefangen von den Denkern der griechischen Antike (Plato, Sokrates, Aristoteles) bis zu den neuesten Erkenntnissen der Wissenschaft (Morphogenetik, Rupert Sheldrake) – führten mich zu den uralten, in Indien entstandenen, Weisheiten. Die spirituellen Erlebnisse und die Hellsichtigkeit, die sich dann einstellten, inspirierten mich immer weiter, nicht aufzuhören nach der Wahrheit zu suchen. Aus der Veda, den ältesten Texten der indischen Literatur, welche nach traditioneller Auffassung nicht von Menschen geschaffen sind, sondern denen eine ewige Realität zugeschrieben wird, sind alle weiteren religiösen Glaubensrichtungen entstanden. Zu dieser Erkenntnis bin ich im Laufe meiner Selbststudien gekommen. Dieses Buch ist deshalb so wertvoll, weil es von Lehrern und vom jedem spirituell Suchenden gelesen werden kann. Es soll eine Hilfestellung für die persönliche Auseinandersetzung mit der äußeren und der inneren Welt sein.

[Aham Da Asmi](#)

As much as we would prefer otherwise, conflict seems woven into the very fabric of life. On a daily basis, we find ourselves dealing with difficult people, facing unhealthy relationships, or suffering marriage problems. We might say that some of our relationships are the very definition of conflict! While asking ourselves how to adjust in these circumstances, and how to handle conflict, we remain confused and perplexed. In the book "Life Without Conflict", Gnani Purush (embodiment of Self knowledge) Dada Bhagwan offers ultimate conflict resolution skills in the form of spiritual conflict resolution strategies. His spiritual teaching on how to resolve conflict - or to avoid it altogether - is offered in the context of common and everyday relationship challenges. Whether seeking relationship tips, marriage advice, or simply to learn how to stay healthy and to cultivate happy homes, this book will prove an invaluable resource.

[Bhagavadgita](#)

One of the clearest presentations of India's Advaita Vedanta, the doctrine of Oneness. Adams, an American student of the great master, Ramana Maharshi, discourses with wisdom and delightful humor as he clarifies for Westerners India's teaching of Ultimate Reality.

[The True Meaning of Christ's Teaching](#)

[Silence of the Heart](#)

[The Path of Silence](#)

Bde. 16, 18, 21, and 28 each contain section "Verlagsveränderungen im deutschen Buchhandel."

[Living Is Dying](#)

A young woman is brutally murdered, and her boyfriend is found dead two days later. The case goes nowhere for three years until, from the depths of alcohol and drug addiction, a friend changes her story, and four teenage lives are shattered.

[Tantra Yoga, Nada Yoga and Kriya Yoga](#)

[The Powers of Thought](#)

[Listen, Humanity](#)

[Deutsche Nationalbibliografie](#)

What happens when a young Florida champion athlete and his high school sweetheart resolve to do whatever it takes to unravel the mysteries of human spiritual transformation? John Wilder and Devi Duran go on a revolutionary journey of change through heart, mind, body, breath and sexuality. Join them as they uncover The Secrets of Wilder - sacred techniques for cultivating deep Inner Silence, Ecstasy and Enlightenment. Their discoveries are destined to change the world, but at what cost?

[The Brhadaranyaka Upanisad](#)

Here is the ultimate text for the really serious seeker. It may well go down in history as the richest and most inspired statement of meditation and God Realization ever, in any language. Yet it's user-friendly, easy-to-follow, sensible, and non-academic! Merging with Siva gives an overview of the path to enlightenment by one who has traveled it himself. Many secrets of the authentic Yoga path -- never before seen in print -- are included. Experience God within through the 365 daily lessons of Merging with Siva. Learn about the functioning and structure of the mind, karmic cycles, the mystical realm of the fourteen chakras, cultivating devotion and meditation, learn some simple and effective techniques for removing subconscious blockages to inspiration and creativity. The daily lessons will provide a catalyst for your own intuitive insights, leading you ever deeper into the inner experience of divine oneness, into the clear white light and the self within.

[The First Bourbon](#)

[Erkenne dich selbst](#)

Das Thomas-Evangelium ist die vielleicht geheimnisvollste Überlieferung aus dem Umfeld des Jesus von Nazareth. Nicht in den offiziellen Bibel-Kanon aufgenommen, übte sie doch im Verborgenen einen tiefgreifenden Einfluss aus. Aufgrund der heute vorliegenden Quellen des Textes erstellte Ralph Skuban eine meisterhafte Neuübersetzung, welche die tieferen Dimensionen dieser „verborgenen Worte Jesu“ neu erschließt. So öffnet sich nicht nur ein neuer, faszinierender Zugang zur „frohen Botschaft“, sondern es wird auch deutlich, dass die Essenz der Lehre Jesu durchaus mit der spirituellen Weisheitstradition des Ostens verbunden werden kann. Diese revolutionäre neue Ausgabe des Thomas-Evangeliums offenbart nicht nur eine neue Dimension christlicher Mystik, sondern baut zugleich Brücken zu anderen spirituellen Traditionen. In diesem Sinne ist das vorliegende Buch ein entscheidender Beitrag für die „Ökumene des Herzens“!

[The Anatomy of Stretching](#)

[Spirituelle Philosophie](#)

Presentation The truth, synthesis of the spirit. "To each his own truth", says a proverb, and it is in the name of their particular "truth" that humans keep confronting each other. However, the truth never comes to present itself as obvious which is imposed on us, and even less do we have the possibility of imposing it on others. It is the fruit of an incessant collaboration between our heart (love) and our intellect (wisdom) thus giving birth to a synthesis which can only be known by the mind. 'Truth has been defined in so many different ways that the whole question has become hopelessly involved. The fact is that one cannot define truth, for it does not exist as such. Only wisdom and love exist It is your love and wisdom that will show you truth.' Omraam Mikhaël Aïvanhov Table of contents 1 - The Quest for Truth 2 - Truth, the Child of Wisdom and Love 3 - Wisdom and Love; Light and Warmth 4 - The Love of a Disciple; the Wisdom of a Master 5 - Truth, the Kernel of Life 6 - 'I am the Way, the Truth and the Life' 7 - The Blue Ray of Truth 8 - Three Levels of Truth 9 - Be Faithful to the Truth 10 - There is no Arguing about Tastes 11 - Reality: Objective and Subjective 12 - The Primacy of Subjective Reality 13 - Scientific Progress v. Moral Progress 14 - Scientific Truth and the Truth of Life 15 - A Fresh View of Reality 16 - Dreams and Reality 17 - Truth Transcends Good and Evil 18 - 'The Truth shall Make you Free'

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