

[PDF] Spiritual Nutrition: Six Foundations For Spiritual Life And The Awakening Of Kundalini

Gabriel Cousens M.D. - pdf download free book



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Description:

Review "[This book] will become a standard for ages to come, against which all other books will be measured and put into perspective of relative importance. The author leads us beyond the limited precepts of nutrition into the realms of Divinity."

—From the Preface by Viktoras Kulvinskas

"...arguably the best book on diet from both a health and a spiritual point of view ever to see print."
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"...probably the most detailed description ever written of the role of diet and Kundalini in the transformation of body, mind, and spirit."
—Barbara Marx Hubbard

About the Author Dr. Gabriel Cousens, M.D. is an internationally celebrated spiritual teacher, author, lecturer, world peace-worker, and physician of the soul. He is the world's foremost physician promoting live-food nutrition for physical health and spiritual growth. He received his M.D. degree from Columbia Medical School in 1969, and completed his psychiatry residency in 1973. As a leading researcher and practitioner in the field of rejuvenation, he specializes in the healing of many chronic degenerative diseases. To the healing process he also brings experience as a homeopathic physician (M.D. (H)), Diplomate in Ayurveda and family therapist.

Dr. Cousens is also a Doctor of Divinity (D.D.), a Rebbe who has received rabbinical initiation, a student of Ecstatic Kabbalah since 1986, a certified Senior Essene Teacher in the Kabbalistic tradition, a recognized Yogi, a four-year Sundancer adopted into the Lakota Nation, and the White Buffalo Spirit Dance Chief.

He is the author of a number of titles, including *Rainbow Green Live Food Cuisine*, *Conscious Eating* (hailed by many as the 'Bible of Vegetarianism'), *Spiritual Nutrition*, *Depression-Free for Life*, *Creating Peace by Being Peace*, and *Tachyon Energy: A New Paradigm in Holistic Healing*, co-authored with David Wagner, the creator of the Tachyon process. Dr. Cousens presents seminars worldwide on many topics including health and nutrition, psycho-spiritual healing, meditation, and spiritual awareness.

Dr. Cousens founded and directs the Tree of Life Foundation, Tree of Life Rejuvenation Center, and Tree of Life Health Practice in Patagonia, Arizona. He is a frequent guest on popular radio talk shows, and has published articles in health journals and popular magazines on a number of health, nutrition, and social topics. Visit his website at www.treeoflife.nu.

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