



Harmony and Health

By Omraam Mikhael Aivanhov

Vij Books India Pvt. Ltd., New Delhi, India, 2009. Softcover. Book Condition: New. 'If you are ill, it's because you harbour disorder within yourself: you have nourished certain thoughts, feelings and attitudes that have finally affected your health. The best weapon against illness is harmony. Night and day think about synchronizing yourself with the whole of life - limitless life, cosmic life. 1. Life Comes First, 2. The World of Harmony, 3. Harmony and Health 4. The Spiritual Foundations of Medicine, 5. Respiration and Nutrition 6. Respiration: I. The Effects of Respiration on Health II. How to Melt into the Harmony of the Cosmos, 7. Nutrition on the Different Planes, 8. How to Become Tireless 9. Cultivate an Attitude of Contentment. Printed Pages: 175.



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