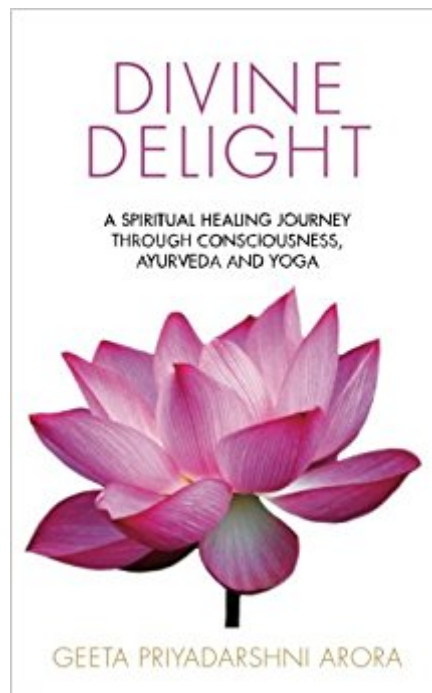




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# **Divine Delight: A Spiritual Healing Journey Through Consciousness, Ayurveda And Yoga**



## Synopsis

Geeta shares her astonishing journey through consciousness after the powerful grace of Divinity healed her body, mind and spirit. Geeta experienced a divine healing, crossing over into the spiritual realm while being guided by her spiritual Guru, Sai Baba. Geeta believed it was time to leave her body, but ultimately her spirit rejoined its earthly habitation after receiving and experiencing her life's message with a vision and a soul purpose. At twenty-seven, doctors told Geeta Arora that her sudden multiple autoimmune disorders and Hodgkin's Disease with Lymphoma meant she had only a matter of two to six months to live. Refusing chemotherapy and other conventional treatments, Geeta turned to Ayurvedic medicine as her last hope. Immediately after she received Ayurvedic therapies, in only three weeks of hot oil massages, steam, herbal remedies, and a nourishing diet of wholesome foods chosen to help her body restore its immune system, Geeta found that she was free from disease with an ability to heal. By sharing her personal experiences in Divine Delight, Geeta opens readers' eyes to the illusions that separate humanity from the essence of who we are by conversations about the missing pieces between mind, body, heart and the higher self with Ayurveda and Yoga.

## Book Information

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## Customer Reviews

Amazing! Divine Delight came into my life at the most ideal time! I am a retired Sales Executive and newly trained Pilates Instructor. I have been interested in mind, body spirit work for years and have taken many classes/courses & read many books on the topic, but none have brought together the mind, body, spirit so coherently as Divine Delight. Geeta's story of self healing from Hodgkin's

disease with Ayurveda at age 27 pulled at my heart strings deeply. WOW!! Not only did she heal herself, she did so with focused intention over a fairly short period of time. I personally have an autoimmune disorder called Hashimoto's and I am inspired to take a deeper dive with her Ayurvedic wisdom to heal myself. In addition, I looked at Geeta's website and see that she offers an online course. I am going to sign up so that I can learn how to assess my own clients Dosha's to further support their success with body awareness and confidence. The price is \*excellent\* considering the value. I give Divine Delight an A+++ and feel grateful for having it come into my life at such a perfect time.

I met Geeta when I was too overworked and famished even though I was a determined hatha yoga follower. She diagnosed that my digestive fire was low and did facial massage to unblock the lymphatic nodes and circulate energy. I followed the Ayurveda regimen strictly and noticed profound changes in my energy levels. Applied Knowledge is wisdom. In an age where there are tons of data and info on any given topic-- intuition is the key for success. The patient and doctor have to go hand in hand to be successful. Ayurveda principles follow the path of most resistance and those who follow it will shine like the sun . The gist of Ayurveda is to not to be a robot which is what modern lifestyle entangles us to be-- If you can set your sight on the sun....the nectar of health is all yours for the asking .. !

We are sisters in Sai :)Very nicely written and sweet book. Her first part of the book it is mostly personal experiences and then the Ayurveda part. I love it! I have found it very easy to understand, practical and enjoyable to read. Thank you Geeta! Sairam.

Divine Delight is an insightful and stimulating book based on the personal memoir of the author, Geeta Arora. Through an Ayurveda metamorphosis, the author, goes from illness and despair to healing, awareness, and personal insight. Amidst her journey of Ayurveda and Yoga, the author demonstrates the benefits of integrating these specialties and how they can improve many facets of our lives. Ayurveda and Yoga can help with physical ailments, life's stressors, balancing one's life, and et al. The book offers a comprehensive instructive of Ayurveda and Yoga that can be easily implemented by anyone regardless of their knowledge of these subject matters. Personally, I have seen the author utilize her expertise from the corporate world combined with Ayurveda/Yoga in an office setting where she facilitated an open and successful discussion that resulted in the employees considering new ways of interacting with each other. Furthermore, the

author has a website where you can get daily inspirations, request a consultation for an array of services both for individuals and corporations, and get additional resources on Ayurveda and Yoga. Divine Delight is a book I highly recommend and if you want further assistance in your personal and corporate development, please contact Geeta Arora via her website. Her expertise and approach are ones that will result in successful outcomes.

I really enjoyed this book and I'm re-reading it again! I found myself cheering for the author as I read about her many health struggles. Her courage to share was especially inspiring to me and her journey was both courageous and helpful. Ayurveda speaks to me especially in our current society where medicine is both expensive and full of side effects that are sometimes worse than the cure. I find it especially helpful knowing that I have the knowledge to at the very least understand what my body is telling me and what I can do to bring me back to balance. A western doctor is said to "practice" medicine but Ayurveda literally means the science of life - and it's existed for centuries. If there's a book out there that can help you understand not only when you are unbalanced but also what you can do to handle many of the imbalances and maladies that we all deal with everyday...why wouldn't you read it? This book is perfect both for the person who understands Ayurveda and also for the person who is interested in knowing about it. Divine Delight is now one of my favorite books that I've recently added to my collection which sits with others in good company from Dr. Wayne Dyer and Deepak Chopra, MD with the one distinction that it will be one of the few that will be very thumbed through.

If you are a seeker on a spiritual path or someone who wants to learn practical principles about how to live well, take care of yourself, and understand your nature and the nature of others, this book is for you. Divine Delight methodically takes you through what Ayurveda and Yoga is, and how to apply these health and spiritual systems to your contemporary life. You are given guidelines on what to eat, when to sleep, when to wake up, what is the most productive time in the day, skin care, what is intuition, how to clear your mind, how meditation can help you straighten out your life, when to have sex, how to heal yourself, how to balance your internal energy centers, and much more. It's a manual on living in the highest way, not just surviving, delivered in a kind and personable style that inspires and educates. There is a clear feeling throughout the book that Geeta Priyadarshni Arora has experienced, embraced and deeply understands the systems and principles she explains in her book. It is a real gem and one you will want to keep near and use as a reference book.

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