

(Free) Divine Delight: A Spiritual Healing Journey through Consciousness, Ayurveda and Yoga

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Geeta Priyadarshni Arora
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DIVINE DELIGHT

A SPIRITUAL HEALING JOURNEY
THROUGH CONSCIOUSNESS,
AYURVEDA AND YOGA



GEETA PRIYADARSHNI ARORA

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Geeta Priyadarshni Arora : Divine Delight: A Spiritual Healing Journey through Consciousness, Ayurveda and Yoga before purchasing it in order to gage whether or not it would be worth my time, and all praised Divine Delight: A Spiritual Healing Journey through Consciousness, Ayurveda and Yoga:

1 of 1 people found the following review helpful. Amazing! Divine Delight came into my life at the ...By HSteeleAmazing! 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.0 of 0 people found the following review helpful. Must read!By Mrs. SmithDivine 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, lifes stressors, balancing ones 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.0 of 0 people found the following review helpful. What a great read! I couldn't put down the bookBy CustomerWhat a great read! I couldn't put down the book. I read straight through part one in one sitting. A truly humbling and remarkable story. It's one thing when you just read a book on Ayurveda or Yoga and you learn some terminology and the ins and outs of it. But to hear about her struggles and her journey and the redemption that came through Ayurveda and Yoga goes a long way to really validating these 2 wonderful sciences and making them relatable. Great job!

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 lifes message with a vision and a soul purpose. At twenty-seven, doctors told Geeta Arora that her sudden multiple autoimmune disorders and Hodgkins 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.

About the AuthorGeeta Priyadarshni Arora is an Ayurveda and Yoga practitioner, author, media personality, motivational speaker and teaches people how to discover their hidden talents tapping into their limitless potential to express their highest fullest self. She offers educational programs to help individuals find their true path with intention. Her passion lies in serving others and empowering higher thinking in a quest for people to find their true identity and balance in the fast, technologically driven, world. Geeta earned an MBA degree while climbing a successful corporate ladder. After her divine healing experience, she decided to leave the fiercely competitive struggle for wealth and power to focus her energy on spiritual inner awakenings to reconnect the missing pieces between mind, body, heart and the higher self. Geeta completed her masters degree in Ayurveda and incorporates the practice of meditation and yoga daily. She writes, travels, teaches about healing and being in service. Website: www.geetapriyaarora.com