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The Mirror of Yoga: Awakening the Intelligence of Body and Mind is a welcome resource to all yoga practitioners who wish to better appreciate the profound philosophy underlying their practice. Richard's wide-ranging discussion includes the Upanishads and Samkhya philosophies, the Yoga Sutra of Patanjali, the eight limbs of Ashtanga Vinyasa ...

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Richard's wide-ranging discussion includes the Upanishads and Samkhya philosophies, the Yoga Sutra of Patanjali, the eight limbs of Ashtanga Vinyasa yoga, and much more. He also explores the role of the guru, chanting, meditation, and the yogi imperative of offering service to others.

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In addition to being quite original, imaginative, and at times almost whimsical, The Mirror of Yoga is also

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firmly grounded in references to, and excerpts from, those yogic texts most respected by all schools of practice."- Namarupa Magazine Online "This thoughtful and beautifully written book... will take the average yogi to the next level."-

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The Mirror of Yoga. The world of yoga is astonishingly rich in its array of schools and practices. Yet as diverse as they seem, they share a common aim: the discovery of the essence of existence that can be found at the core of our being, and the liberation that comes from that discovery.

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meditation in motion that produces profound inner change. Two of the most well-respected teachers of the Ashtanga style of yoga, Richard Freeman and Mary Taylor, explore this rigorous practice not as a gymnastic

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serve as the basis for all the schools of yoga—hatha, bhakti, jnana, karma, tantra, and others. He shows how the myriad forms are ultimately related, and can even be perceived to make up a vast, interpenetrating matrix, symbolizing the unity, profundity, and beauty of the ancient tradition. Richard's wide-ranging discussion includes the Upanisads and Samkhya philosophies, the Yoga Sutra of Patanjali, the eight limbs of astanga yoga, the process and purpose of hatha yoga, and much more. He also explores the role of the guru, chanting, meditation, and the yogic imperative of offering service to others. All of this is applied to the actual practice, giving the reader the tools to digest and apply the wealth of information to daily life. The Mirror of Yoga will be a welcome resource to all yogis who wish to better practice the profound philosophy underlying their practice.

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A radical presentation of the most rigorous form of contemporary yoga as meditation in motion In *The Art of Vinyasa*, two of the most well-respected teachers of the Ashtanga style of yoga, Richard Freeman and Mary Taylor, explore this rigorous practice not as a gymnastic feat, but as a meditative form. They reveal that doing the practice—and particularly the vinyasa, or the breath-synchronized movements—in such a deep and focused way allows practitioners to experience a profound awakening of the body and mind. It also develops an adaptable, flexible practice that can last a lifetime. Freeman and Taylor give an in-depth explanation of form, alignment, and anatomy, and how they work together in the practice. They also present a holistic approach to asana practice that includes an awareness of the subtle breath and seamlessly merges yoga

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philosophy with practical technique.

Unlike other books on Ashtanga, The Art of Vinyasa does not follow the linear

pattern of the sequences of postures that are the hallmark of Ashtanga yoga.

Instead, it interlinks the eight limbs: yama and niyama (ethical practices), asana

(postures), pranayama (breathing),

pratyahara (nongrasping of the senses),

dharana (concentration), dhyana

(meditation), samadhi (harmony,

insight) and shows how to establish an internally rooted yoga practice.

Sometimes illumination occurs

spontaneously or, as Ram Dass

experienced, in a heart-wrenching moment

of opening. More commonly, it happens

when we polish the mirror of the heart

with daily practice and see beyond the

illusion of our transient thoughts and

emotions to the vast and luminous

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landscape of our true nature. For five decades, Ram Dass has explored the depths of consciousness and love and brought them to life as service to others. With *Polishing the Mirror*, he gathers together his essential teachings for living in the eternal present, here and now. Readers will find within these pages a rich combination of perennial wisdom, humor, teaching stories, and detailed guidance on Ram Dass' own spiritual practices, including: Bhakti Yoga—opening our hearts to unconditional love Practices for living, aging, dying, and embracing the natural flow of life Karma Yoga—how selfless service can profoundly transform us Working with fear and suffering as a path to grace and freedom Step-by-step guidance in devotional chant, meditation and mantra practice, and much more For those new to Ram Dass' teachings, and for those to whom they are old friends, here is

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this vanguard spiritual explorer's complete guide to discovering who we are and why we are here, and how to become beacons of unconditional love.

Eminent yoga teachers Richard Freeman and Mary Taylor explore essential lessons from The Bhagavad Gita to reveal a practical guide for living in today's complex world. The Bhagavad Gita is one of the most influential and widely recognized ancient texts in Indian epic literature. Through the telling of the story and its many different philosophical teachings, the text provides deep insight into how to meet life's inevitable challenges while remaining open, clear, and compassionate. It offers modern day wisdom seekers a framework for understanding our core beliefs and who we really are--revealing the fact that healthy relationships to others and the world are

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essential to living a full, compassionate, balanced life. Richard Freeman and Mary Taylor, both deeply respected yogic teachers, offer a practical, immediately relevant interpretation that emphasizes self-reflection and waking up in our modern world. Following the traditional sequence of teachings in The Bhagavad Gita--from its opening scene in which Arjuna finds himself in the middle of a battlefield, hesitating and trapped between opposing sides, torn by his dharma and confused by the various paths of action he might choose in the process of awakening--Freeman and Taylor interweave insight into how these classic teachings are relevant for modern readers struggling with what it means to live responsibly in the twenty-first century. With quotes, citations, and a full translation of the original text, they look at the overall arc of the The Bhagavad Gita's

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teachings and how that relates to the turmoil that arises, not only for Arjuna, but for any of us in the face of crises of conscience, spirit, and form. Exploring the essential themes such as love, wisdom, and karma, and by offering embodiment exercises to apply the teachings, *When Love Comes to Light* guides readers in the step-by-step process of waking up their intelligence and finding a path toward compassionate action.

A radical presentation of the most rigorous form of contemporary yoga as meditation in motion. *The Art of Vinyasa* takes a unique look at Ashtanga yoga as meditation in motion that produces profound inner change. Two of the most well-respected teachers of the Ashtanga style of yoga, Richard Freeman and Mary Taylor, explore this rigorous practice not as a gymnastic feat, but as a meditative

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form. They reveal that doing the practice--and particularly the vinyasa, or the breath-synchronized movements--in such a deep and focused way allows practitioners to experience a profound awakening of the body and mind. It also develops an adaptable, flexible practice that can last a lifetime. Freeman and Taylor give an in-depth explanation of form, alignment, and anatomy, and how they work together in the practice. They also present a holistic approach to asana practice that includes an awareness of the subtle breath, and seamlessly merges yoga philosophy with practical technique. Unlike other books on Ashtanga, *The Art of Vinyasa* does not follow the linear pattern of the sequences of postures that are the hallmark of Ashtanga yoga. Instead, it interlinks the eight limbs--yama and niyama (ethical practices); asana (postures); pranayama (breathing);

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pratyahara (nongrasping of the senses); dharana (concentration); dhyana (meditation); and samadhi (harmony, insight)--and shows how to establish an internally rooted yoga practice. The book will be fully illustrated with fifty halftones by esteemed photographer and cinematographer Robert Muratore, along with thirty illustrations.

The sages of Tantra taught that when we follow the path of Shakti, the sacred feminine principle personified by the goddesses of yoga, we awaken the full potential of our own inner energies. Kali, teaches Sally Kempton, may be both the most powerful and misunderstood goddess of all. Kali her name means "Black One" is the original Dark Goddess, whose hidden gift is ecstasy. She brings both fierceness and love, destruction and rebirth and untamed

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courage and freedom for those willing to fully comprehend and embrace her many gifts. In this e-book, readers are invited to explore teachings, stories, meditations, prayers, poems, mantras, invocations, and rituals to align with this cosmic force of radical transformation. Program

Highlights Kali as the Mirror of Our Own Inner State
Kali the Blood Drinker
The Two Faces of the Dark Goddess
Kali and the Ego
Kali's Fierce Forms
Kali's Role in Spiritual Liberation
Contemplation: The Felt Sense of Kali in Your Life
The Tantric Kali: Deity of Heroes
The Kali Woman: Archetype of Feminine Power, Sexuality, and Force
A Kali Asana Practice
A Contemplation on Kali's Audacity
The Shadow Kali
Kali as the Inner Voice of Destructive Rage
Dialoguing with Kali (a guided practice)
Kali as the Human Teacher
A Visualization Practice for Offering Your

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Promises to help readers reach their full potential through yoga, meditation and mindful breathing, in a book that includes exercises, anecdotes and analogies. Original.

How is modern psychotherapy impacted when it is approached from the presence and understanding of the unconditioned mind? What happens when therapists are able to function as a sacred mirror for their clients' essential nature, reflecting back not only the contents of awareness—thoughts, feelings and sensations—but awareness itself? Informed by their direct experience as well as by nondual teachings from both eastern and western wisdom traditions, the authors take a fresh look at what

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psychotherapy can be. These seminal essays will challenge and inspire readers to approach psychotherapy in a new way—as a potential portal for experiencing their deepest nature as free and joyful beings. Seasoned clinicians, Dan Berkow, Stephan Bodian, Dorothy Hunt, Sheila Krystal, Lynn Marie Lumiere, Richard Miller, John Prendergast, John Welwood, Jennifer Welwood and Bryan Wittine, and innovative western spiritual teachers, Adyashanti and Peter Fenner, explore critical issues at the interface of psychology and spirituality from a nondual perspective.

From a rebellious young woman with a dangerous heroin habit to a globe-trotting fashion model to “First Lady of Yoga” (The New York Times), Colleen Saidman Yee tells the remarkable story of how she found herself through the healing power of

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yoga—and then inspired others to do the same. I've learned how to extract the beauty of an ordinary day. I've learned that the best high exists in the joy—or the sadness—of the present moment. Yoga allows me to surf the ripples and sit with the mud, while catching glimpses of the clarity of my home at the bottom of the lake: my true self. The very first time Saidman Yee took a yoga class, she left feeling inexplicably different—something inside had shifted. She felt alive—so alive that yoga became the center of her life, helping her come to terms with her insecurities and find her true identity and voice. From learning to cope with a frightening seizure disorder to navigating marriages and divorces to becoming a mother, finding the right life partner, and grieving a beloved parent, Saidman Yee has been through it all—and has found that yoga holds the answers to life's greatest

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challenges. Approachable, sympathetic, funny, and candid, Saidman Yee shares personal anecdotes along with her compassionate insights and practical instructions for applying yoga to everyday issues and anxieties. Specific yoga sequences accompany each chapter and address everything from hormonal mood swings to detoxing, depression, stress, and increased confidence and energy. Step-by-step instructions and photographs demonstrate her signature flow of poses so you can follow them effortlessly. Yoga for Life offers techniques to bring awareness to every part of your physical and spiritual being, allowing you to feel truly alive and to embody the peace of the present moment.

The Transformative Power of The
Goddesses of Yoga How do you live a life
of spiritual awakening as well as outer

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abundance, inner freedom as well as deep intimacy? How do you serve the world selflessly, yet passionately celebrate your life? The sages of Tantra have known for centuries that when you follow the path of Shakti — the sacred feminine principle personified by the goddesses of yoga — these gifts can manifest spontaneously. Yet most of us, women as well as men, have yet to experience the full potential of our inner feminine energies. In Awakening Shakti, you will learn how to recognize and invite: — Kali, bringer of strength, fierce love, and untamed freedom — Lakshmi, who confers prosperity and beauty — Saraswati, for clarity of communication and intuition — Radha, who carries the divine energy of spiritual longing — Bhuvaneshvari, who creates the space for sacred transformation — Parvati, to awaken creativity and the capacity to love With a wealth of meditations,

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visualizations, mantras, teachings, and beautifully told stories, *Awakening Shakti* provides a practical guide for activating the currents of the divine feminine in every aspect of your life. Sally Kempton has been studying and teaching the wisdom of yoga for 45 years. A highly regarded teacher of meditation and spiritual philosophy, she writes the popular *Yoga Journal* column "Wisdom." Sally teaches retreats, teleclasses and workshops internationally. She resides in Carmel Valley, California. Illustrator Ekabhumi Charles Ellik is a poet, artist, husband, student, and teacher of Classical Tantric Hatha Yoga. A student of Nepalese master painter Dinesh Charan, he also studied painting in the lineage of Harish Johari.

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