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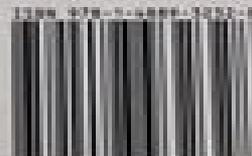
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Speaking Of Yoga Paperback

Annie Wood Besant



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dialogue that he has fostered in these retreats Cope asks participating teachers to share their Tales from the Path stories of how the long term practice of these ancient traditions has changed their lives The result is an inspirational volume featuring 26 distinct voices telling their stories how they became interested in these traditions the teachers who inspired them and how the practice of yoga and meditation has shaped their lives and perspectives The contributors many of whom are authors of well known books on these topics speak of their experiences as real people living in our complex world complete with spouses children aging parents financial demands illnesses injuries and all of the ordinary aggravations of everyday life Many of these teachers have studied and explored the practice of yoga or meditation over the course of 30 years and have been pivotal in creating retreat centers styles of yoga and teaching techniques that have contributed to the widespread popularity of these practices in mainstream culture The stories of these teachers ask the questions What is possible for me in my life right now How can my practice of yoga and meditation help me lead a more satisfying life These are questions on which every spiritual seeker and practitioner of yoga and meditation inevitably must reflect

Paperbacks in Print, 1980

How You Can Talk with God (Japanese) Paramahansa Yogananda, 2015-02-20 In this classic spiritual guide Paramahansa Yogananda author of *Autobiography of a Yogi* dispels the myth that God is beyond our reach He points out that it is not only possible to talk with God but to receive definite responses to our prayers Defining the Lord as both the transcendent universal Spirit and the intimately personal Father Mother Friend and Lover of all he helps us to realize how close that infinite and all loving Being is to each one of us He also explains how we can make our prayers so powerful and persuasive that they will bring a tangible response

The Yoga Book Mary Stewart, Maxine Tobias, 1986

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Bearing those three sub divisions in mind you will very readily be able to see that these two methods of Yoga fall naturally under two of these heads But what of the third What of the will of which ahamkara is the representative in cognition That certainly has its road but it can scarcely be said to be a method Will breaks its way upwards by sheer unflinching determination keeping its eyes fix

Yoga Book II DeBarra Mayo, 1983

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