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062 - AYDIN HESS

Body, Calming Your Mind And Be Stress-Free! I think you will agree with me when I say, the world is a pretty crazy place. I mean we all wake up early in the morning, take our breakfast, disappear into our daily responsibilities (which can be work or school), return home, try to get some few hours of sleep and then wake up and repeat everything again. What are we really doing to ourselves? We have made ourselves so busy that we have lost touch with our inner selves; which is okay except for the fact that, that type of life is affecting our health negatively by piling up stress in your body and mind. You know what we need, a breather and this guide has the perfect one for you. YOGA! Yes, you heard me. For a long time now, yoga has been known to work wonders on the body and mind. Basically, it helps you get in touch with your inner self in a process that releases stress from your body, calms your mind and boosts your strength. After a session of yoga, you glow and feel light. Now, who wouldn't want that? This guide will introduce you to this magical method known as yoga. By reading it, you will get to know the history of yoga, the benefits of yoga, what to expect from yoga classes and what you need to start practicing it. You will also learn some yoga postures and routines that you can do to free your mind from stress while strengthening your body. Are you ready to learn how to channel your inner yogi? Here's what we'll cover in this Yoga For Beginners book: ✓Section 1: A Deep Understanding Of Yoga ✓Section 2: Pre-Yoga Orientation And Preparation ✓Section 3: Basic Yoga Poses ✓Section 4: Basic Yoga Routines ✓Section 5: Yoga Diet ✓Section 6: Frequently Asked Questions Get Your Copy Today!

For ages, most of humanity has placed "life" and "death" at two ends of the existential spectrum - favoring one, fearing the other and continuously floundering between the two. Only when someone who has consciously traversed between both life and death offers to articulate some aspects of it, does humanity get a glimpse of what lies beyond the horizon of its normal perception. With his extraordinary insights, coming from a profound inner experience, Sadhguru reveals that life and death are, in fact, two sides of the same coin. It is only by embracing both that we can break the shackles of our selfmade struggles and be set free. In his own words, he says: "Death is a cosmic joke. If you get the joke, when you fall on the other side, it will be wonderful. If you don't get the joke, when you are here you fear the other side, and when the other side comes, you just don't know what it is about. If death becomes a laughing matter in your life, life becomes an utterly effortless process - there is no need to restrain yourself in the process of life; you can live your life absolutely, totally." "The distance between your life and death is just one breath, isn't it?" - Sadhguru

"In the Presence of the Master" is a series of stirring and insightful discourses given by Sadhguru. In his willingness to share, Sadhguru offers glimpses of the profound wisdom that is otherwise accessible to enlightened beings only. Offering the rare possibility to go beyond all limitations, a veritable Guru takes the seeker on a mystical journey towards the ultimate liberation. Considering a Guru as someone who is supposed to guide the seeker in his quest for self-realization, the statement "A Guru always takes you for a Ride" may sound provocative, contradictory and unjust, at first sight; however, there are comprehensible, even compulsory reasons for it. In this volume, Sadhguru delivers rare insights into the Guru-shishya relationship.

www.livingwiseproject.comSpecially curated nuggets of timeless wisdom & freshly squeezed inspiration from modern life. The LivingWise Project brings you authentic knowledge of Yoga, Mindfulness, Ayurveda, Meditation, Nature, Culture and more. This issue contains the following articles + wise & inspirational quotes:Breathe & Let it R.A.I.N. - a mindfulness practice Harmony of Matter & Spirit - the relevance of the Indian aesthetic in the modern ageBlissful in Bangkok - finding a sanctuary of peace on a Bangkok hill (Wat Saket)Diwali - from darkness to lightRemembering Annapurna - a personal memoir for one who fed the stomach & soul"Om" in Paris - learning yoga with the FrenchAt the Isha Yoga Centre - a spiritual travelogueIn a modern society reeling with stress, depression, uncertainties, doubts and other challenges, LWP's mission is to enable people to transform themselves so that they can lead happier and wiser lives. This cannot be done through feel-good mantras or motivational talks, but only through raising consciousness. LWP shares knowledge about the methods and inner tools for true well-being that every person on the planet needs to know about, now more than ever before.

The persistent questions of seekers fill this book. It's all here - the pain, the confusion, the raging gut-level thirst, all that it means to be human and alive and wanting. And through it all are the clear, strong, unwavering tones of a master who reminds us that the only thing that lies between the human and the divine, the finite and the boundless, the seeking and the finding, is choice. What does that choice entail? Not the acquisition of any path-breaking wisdom, but a determined refusal to strengthen one's ignorance, to reinforce one's deceptions, to 'gold-plate one's limitations'. The danger, Sadhguru tells us, does not lie in being in the dark - that can be dispelled for anyone who genuinely desires it - but in settling for an easy brilliance, a spurious radiance. The danger does not lie in seeking urgently, but in arriving cheaply. "Don't polish your ignorance," he warns aphoristically, unforgettably, recurrently in the course of this book. "It may shine."

NEW YORK TIMES, USA TODAY, and PUBLISHERS WEEKLY BESTSELLER "Full of valuable insights to guide you."—WILL SMITH "Thoughtful and life-affirming . . . a must-read."—TONY ROBBINS "This book will put you back in charge of your own life."—TOM BRADY A new perspective on the overused and misunderstood concept of "karma" that offers the key to happiness and enlightenment, from the world-renowned spiritual master Sadhguru. What is karma? Most people understand karma as a balance sheet of good and bad deeds, virtues and sins. The mechanism that decrees that we cannot evade the consequences of our own actions. In reality, karma has nothing to do with reward and punishment. Karma simply means action: your action, your responsibility. It isn't some external system of crime and punishment, but an internal cycle generated by you. Accumulation of karma is determined only by your intention and the way you respond to what is happening to you. Over time, it's possible to become ensnared by your own un-

conscious patterns of behavior. In Karma, Sadhguru seeks to put you back in the driver's seat, turning you from a terror-struck passenger to a confident driver navigating the course of your own destiny. By living consciously and fully inhabiting each moment, you can free yourself from the cycle. Karma is an exploration and a manual, restoring our understanding of karma to its original potential for freedom and empowerment instead of a source of entanglement. Through Sadhguru's teachings, you will learn how to live intelligently and joyfully in a challenging world.

View our feature on Annelise Hagen's The Yoga Face. To keep their faces looking younger, women today try everything from invasive procedures such as plastic surgery and Botox to expensive cosmeceuticals. The Yoga Face is a new and completely natural alternative anti-aging regimen that women can do anytime and anywhere-and in just minutes. The exercises, developed by yoga expert and instructor Annelise Hagen, are based on a simple principle: The muscles of the face are no different from the muscles of the rest of the body. If you don't exercise the muscles below the neck, they become weak and flabby, and the same thing will happen to your face with age. Just as yoga routines work the muscles in the body, the stretches and movements in The Yoga Face tighten and tone the face muscles-and combat wrinkles. "Working out" with fun facial exercises such as the Louis Armstrong "Satchmo," the Marilyn Monroe "kiss," and the "Lion Face," readers will notice changes quickly; and over time, the results are dramatic. Illustrated with more than seventy-five instructive photos throughout, The Yoga Face offers an easy, safe, and effective solution to help women turn back the clock and have beautiful, young-looking skin.

NEW YORK TIMES BESTSELLER - Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. NAMED ONE OF THE TEN BEST BOOKS OF THE YEAR BY SPIRITUALITY & HEALTH The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means "dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life." The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy. Praise for Sadhguru and Inner Engineering "Contrarian and consistent, ancient and contemporary, Inner Engineering is a loving invitation to live our best lives and a profound reassurance of why and how we can."--Sir Ken Robinson, author of The Element, Finding Your Element, and Out of Our Minds: Learning to Be Creative "I am inspired by Sadhguru's capacity for joy, his exuberance for life, and the depth and breadth of his curiosity and knowledge. His book is filled with moments of wonder, awe, and intellectual challenge. I highly recommend it for anyone interested in self-transformation."--Mark Hyman, M.D., director, Cleveland Clinic Center for Functional Medicine, and New York Times bestselling author "Inner Engineering is a fascinating read of Sadhguru's insights and his teachings. If you are ready, it is a tool to help awaken your own inner intelligence, the ultimate and supreme genius that mirrors the wisdom of the cosmos."--Deepak Chopra

The Flowers on the Path series is a bouquet. It comprises articles created by Sadhguru for the Speaking Tree column of the Times of India. These articles have, for many years, brought daily infusions of beauty, humour, clarity and wisdom into lives abraded by mayhem and monotony. In pages devoted to the changing weather of the stock market and international affairs, these articles have brought readers moments of unexpected insight and stillness. Sadhguru's original thoughts, outspoken comments and references to current affairs have sometimes provoked controversy. But they have invariably added vitality and color to a national debate. Like flowers, these articles have inspired and stimulated readers, wafting into their lives as a gentle fragrance on some mornings, and on others, startling them awake with fresh perspectives on age-old ideas and beliefs.

Mystic's Musings is a compilation of extracts from Sadhguru's discourses and talks. An intriguing look into the truth that lies at the core of existence, this book provokes readers to delve into spaces that are not for the faint-hearted, yet deftly guides us with answers about reality that transcend our fears, angers, hopes, and struggles. Sadhguru keeps us teetering on the edge of logic and captivates us with his answers to questions relating to life, death, rebirth, suffering, karma, and the journey of the Self.

Gurus of Modern Yoga explores the contributions that individual gurus have made to the formation of the practices and discourses of yoga in today's world.

Joy 24x7 is a very simple but unusual exploration of Joy. There is no religion in this book. There are no rituals prescribed here. There is no deep meditation being described here and neither is there any mention to any spiritual practice. This is not a guidebook. This is not a "self-help" book. It is not going to give you "an instant formula for joy". But it will surely make you explore your Joy for yourself in a very direct way. The simple, short snippets of daily lives connected with what Sadhguru has to say about Joy, will take you on a wonderful roller coaster ride on Joy with the Master himself. With Sadhguru's incredible clarity of expression, his brilliant wit and sense of observation, his ability to bring the most profound aspect in a very simple and

direct way, this book is for any human being who seeks to be joyful. No matter who you are, what you are trying to do, Sadhguru's words will touch a wonderful wave of joy inside you and you will soon be restless to seek joy 24x7.

"Shiva does not spell religion. Shiva spells responsibility -- our ability to take our very life process in our hands." -- Sadhguru 'Shi-va' is 'that which is not', a primordial emptiness; Shiva is also the first-ever yogi, Adiyogi, the one who first perceived this emptiness. Adiyogi is symbol and myth, historic figure and living presence, creator and destroyer, outlaw and ascetic, cosmic dancer and passionate lover, all at once. A book like no other, this extraordinary document is a tribute to Shiva, the Adiyogi, by a living yogi; a chronicle of the progenitor of mysticism by a contemporary mystic. Here science and philosophy merge seamlessly, so do silence and sound, question and answer--to capture the unspeakable enigma of Adiyogi in a spellbinding wave of words and ideas that will leave one entranced, transformed.

Every year, a group of Isha meditators sets out on a tour of the Himalayas. Accompanying them on this journey is Sadhguru – a spiritual master considered by many to be one of the foremost living yogis on the planet. This is a book for those who stayed behind. It is a chance to make a pilgrimage on the page, travelling through the unpredictable but fascinating terrain of the master's words. Amalgamating discourses and conversations from several yatra, it is a blend of the specific and the timeless. This book is not just about the Himalayas. And yet, the book would never have happened without the Himalayas. The mountains play a vital role in the text, alternately as context and catalyst, mood and metaphor. Without them, some of the questions in this book would never have been asked. Even if they sometimes seem tangential to the line of enquiry, they remain a powerful subterranean presence, eventually becoming the very bedrock of this book.

In modern societies, enhancing the quality of our life has become one of our main objectives. In this pursuit, we tend to emphasize on enhancing external situations, our job, business, family and the abounding accumulation of material things; in spite of all the efforts, our personal and professional lives are too often painfully lacking happiness and fulfillment. In this volume, Sadhguru shifts our focus to the inside, pointing out a way to establish a true sense of inner peace and wellbeing by applying "Inner Management."

'Eternal Echoes' is an anthology of poems penned by Sadhguru. Expertly expressing love, devotion, longing, struggle, seeking and bliss – Sadhguru's poems are a true portrayal of the many facets of the master. Each poem is illustrated by a carefully chosen picture of the master himself, accentuating the mood of the poem.

"THERE ARE ONLY TWO TYPES OF PEOPLE: MYSTICS AND MISTAKES," says Sadhguru, leaving readers in no doubt of the category to which they belong! That sounds damning. But mistakes can thankfully be rectified. And that's the hope this book holds out to seekers. It reminds us that each one of us can make the journey—from confusion to clarity, from error to enlightenment, from self-deception to self-discovery—if only we choose.

On Dhyanalina Temple for meditation in Coimbatore, India.

'The thirst to be boundless is not created by you; it is just life longing for itself.' —Sadhguru This is the extraordinary story of Sadhguru—a young agnostic who turned yogi, a wild motorcyclist who turned mystic, a sceptic who turned spiritual guide. Pulsating with his razor-sharp intelligence, bracing wit and modern-day vocabulary, the book empowers you to explore your spiritual self and could well change your life. It seeks to re-create the life journey of a man who combines rationality with mysticism, irreverence with compassion, ancient wisdom with a provocatively contemporary outlook and a deep knowledge of the self with a contagious love of life. Described as 'a profound mystic, visionary humanitarian and prominent spiritual leader of our times', he is equally at home in a satsangh in rural Tamil Nadu as at the World Economic Forum in Davos. In his early years, Jaggi Vasudev (or Sadhguru as he is now known) was a chronic truant, a boisterous prankster, and later a lover of motorbikes and fast cars. It is evident that the same urgency, passion and vitality echo in his spiritual pursuits to this day, from his creation of the historic Dhyanalina—the mission of three lifetimes—to his approach as a guru. In Sadhguru's view, faith and reason, spirituality and science, the sacred and the material, cannot be divided into easy binaries. He sees people as 'spiritual beings dabbling with the material rather than the reverse', and liberation as the fundamental longing in every form of life. Truth for him is a living experience instead of a destination, a conclusion, or a matter of metaphysical speculation. The possibility of self-realization, he strongly believes, is available to all. Drawing upon extended conversations with Sadhguru, interviews with Isha colleagues and fellow meditators, poet Arundhati Subramaniam presents an evocative portrait of a contemporary mystic and guru—a man who seems to pack the intensity and adventure of several lifetimes into a single one.

"If you become absolutely greedy, then you become spiritual." - Sadhguru In a never before seen or read context, Greed is God presents an immortal relationship between the material and spiritual aspects of life. Through gripping Q&A sessions with Sadhguru, this vivid connection becomes evident, rooted in the fundamentals of life itself. We find that our quest for "more" – be it more wealth, joy or peace – is driven by an inherent longing in each of us.

In this book, Sadhguru opens up a whole new perspective on "Why suffering?," a question which has concerned humanity from the beginning of time. In the quest to tackle this problem, man has developed many theories, concepts and dogmata, but still, suffering is omnipresent in this world. Abrogating the erroneous belief that it is inevitable, Sadhguru delivers insights on the very origin of suffering and discloses ways beyond.

In an era where a great variety of cuisines are just a restaurant away, it has become difficult to choose what to eat. Food products labelled 'healthy' one day are abruptly dismissed as 'lethal' the very next, while 'celebrity diets' are trashed by nutritionists. So what is the correct diet for your body? The answer lies within. In the Yogic tradition, food is alive, with a prana of its own. When consumed, the quality of the food influences the qualities of your body and mind. In A Taste of Well-Being, you will find recipes that have been perfected in the Isha Yoga Centre kitchen. Ranging from simple juices and salads to complete meals of grains, cereals and curries, the recipes are peppered with profound insights from Sadhguru on the process of eating and digestion. A book that will help you discover the potential that lies within you and the joy you can derive from the simple act of eating.

Ashtavakra Gita is regarded as one of the highest scriptures of Advaita Vedanta. It is a legendary discourse between the sage Ashtavakra and King Janaka, where the teacher expounds the highest spiritual knowledge to a deserving disciple. This book is a compilation of talks with Acharya Prashant on the Ashtavakra Gita. Seekers have come to clarify their doubts and find practical applications to daily living. Acharya Prashant brings the heights of the scripture to a level where the listeners can benefit from the verses, understand them, and ultimately rise to their heights. It doesn't matter

whether you are a veteran or a beginner in the spiritual field; this book is a must if you wish to get familiar with the timeless wisdom of Advaita Vedanta in a contemporary setting and language.

With a history of over three and a half millennia, and over 800 million adherents, Hinduism is one of the world's largest and most diverse religious traditions. This book presents the Hindu religious tradition's major events, individuals, texts, sects, and concepts in the context of its historical development through various periods. In addition, sacred Hindu pilgrimage sites, the rituals performed as religious practices, the manifestations of Hindu religious sensibilities in biography, art, the caste system of social organization, mythology, and the theories of salvation developed through the history of Hinduism are also presented. A pronunciation guide to Sanskrit and Tamil, and a chronology of the history of Hinduism are included.

"Ambition is about more, vision is about all." - Sadhguru Being ambitious has always been seen as an advantage. But a century's worth of human ambitions has resulted in uncountable tragedies and wars, and brought the environment to a point of collapse. Only when ambition is guided by a vision for wellbeing, can our activity become a powerful possibility to create our destiny and touch the lives of everyone around us. This book offers tangible first steps towards the ultimate plan of action – to understand every aspect of our creation and existence, and make ourselves the way we want. And with individual transformation comes universal transformation, opening up a whole new world once we take that step from ambition to vision.

Youth is a time of enormous energy. A lot of youth are in a confused state of mind. The youth of today's generation need clarity and balance. They have become the victims of social media information overload. Everywhere, there is compulsion. They are addicted to smoking, alcohol, drugs and gruesome video materials. There's been substance abuse like never before. This is a small effort to bring an awareness among the youth, just to remind them of their enormous energies, how to balance them and lead their life well. Every individual needs to live his life consciously. If you are not living your life consciously, then you are living compulsively. This is the source of all misery. The youth of today's age need to understand this life. This life is the greatest gift and you need to learn to live it immensely. You should learn to live your life with great involvement and intensity. This book brings questionnaire of youth across India from various universities as well as colleges. It also includes some intriguing questions of celebrities from various fields. About Sadhguru: Sadhguru is a yogi, mystic and visionary and a spiritual master with a difference. An arresting blend of profundity and pragmatism, his life and work serve as a reminder that yoga is not an esoteric discipline from an outdated past, but a contemporary science, vitally relevant to our times. Probing, passionate and provocative, insightful, logical and unfailingly witty, Sadhguru's talks have earned him the reputation of a speaker and opinion-maker of international renown. With a celebratory engagement with life on all levels, Sadhguru's areas of active involvement encompass fields as diverse as architecture and visual design, poetry and painting, ecology and horticulture, music and sports. Sadhguru is also the founder of Isha Foundation, a non-profit organization which has been dedicated to the wellbeing of the individual and the world for the past three decades. Isha Foundation does not promote any particular ideology, religion, or race, but transmits inner sciences of universal appeal.

Sadhguru presents a rare glimpse of undiluted truth from discourses given to seekers at the Isha Yoga Center and around the world. A tool of tremendous value in an age imprisoned by materialism and dogma, these dialogues are an essential key to inner exploration of the profound questions of humanity: Who am I? Why are we here? What is the meaning of life? The master speaks with undeniable logic and wisdom that penetrates the deepest realms of our heart and soul

Food has gotten complicated in the twenty-first century. Choosing our food is no longer about fruits, vegetables, grains and other such obvious ingredients. We now have to contend with calories (of two kinds no less – empty and non-empty), fat and protein content (protein also being of two kinds – protein from plants as opposed to protein from animals), confusing nutrition labels, and precise serving quantities. Added to this is the unruly flood of books, TV shows and nutrition experts proffering advice on the best kind of diet for you – Paleo diet, Vegan diet, Detox diet and so on so forth. This book is not meant to contribute much to that flood. Which is why it's just 33 pages (with a lot of pictures, so you don't have to do too much reading). There are tips and guidelines and a few nutritional facts, but the real essence of the book is epitomized by the title itself – Food Body. As Sadhguru says, "Food is about the body... To eat intelligently means to understand and supply the kind of fuel the body is designed for so that it can function at its best." Food Body is a first step for you to tune into your body and figure out for yourself what suits you best. It opens up the opportunity to experience the true joy of eating, and the possibility for our food to be something more than just a means of physical sustenance. Interspersed with Sadhguru's wisdom, the book looks at the kind of foods that the body is most comfortable with and explores the most appropriate ways of consuming such foods. It also touches on the latest research which reveals some shocking truths about foods we commonly consume. Look out for the "Did You Know?" and "Keep in Mind" sections which offer tips and interesting facts about food and ingredients, and be sure to try out the simple recipes at the end.

"One of the simplest yet most comprehensive yoga books to be published in recent memory, Miller's work could become a classic . . . appropriate for all levels." —Publishers Weekly From the bestselling author of The Yoga Deck comes Essential Yoga—the only hatha yoga book to offer this many poses (over 100), this many illustrations (over 180), and this many suggested sequences (over 50). Focusing on the poses themselves, it provides clear, concise instructions and detailed illustrations for each. It also includes six classic moving meditations (such as Sun Salutation and Camel Vinyasa), ten beginner-to-advanced sessions, and 48 mini-sequences designed to build strength for specific activities or alleviate health problems. Essential Yoga combines physical poses (asanas), breathing exercises (pranayamas), and meditations (dhyanas) into a simple and complete reference guide for yoga practitioners of all levels. Along the way, author Olivia Miller provides guidance on proper technique and alignment; modifications for beginners or those with knee, neck, or back pain; suggestions for preventing injury; and ways to keep a regular practice interesting and active.

Cancer – A Yogic Perspective gives Sadhguru's insights on the various causes of cancer and what can be done to go beyond the disease. The book also includes several methods and practices from the yogic system to help one lead a healthy and joyful life.

This is a book for the thirsty. And emphatically not a book for the faint-hearted. In a series of far-reaching exploratory conversations, Sadhguru – a living master and mystic of our times – touches on every conceivable question that a seeker might nurse about the realm of the mystical. Questions about enlightenment, liberation, death, God and the afterlife. Also those niggling but ostensibly trifling questions that so many wonder about, but are hesitant to ask: about spirits, disembodied beings, black magic, possession and the occult. And in a riveting culmination to the book, Sadhguru un-

folds the story of his life mission, a saga of extraordinary commitment and courage that spans three lifetimes. The result is the Dhyanalina, the dream of countless yogis down the centuries: a unique energy form which sows the seed of liberation in all who visit it. This is a book to treasure. It offers an unprecedented glimpse into the world of a contemporary mystic, a prodigious living archive of knowledge. In the course of his discussions, Sadhguru probes the farthest realms of illogic, and yet his unfailingly rational and matter-of-fact tone lends credibility to the more fantastic aspects of the content.

Spirituality does not depend upon the reading of Scriptures, or upon learned interpretations of Sacred Books, or upon fine theological discussions, but upon the realization of unchangeable Truth. In India a man is called truly spiritual or religious not because he has written some book, not because he possesses the gift of oratory and can preach eloquent sermons, but because he expresses divine powers through his words and deeds. A thoroughly illiterate man can attain to the highest state of spiritual perfection without going to any school or university, and without reading any Scripture, if he can conquer his animal nature by realizing his true Self and its relation to the universal Spirit; or, in other words, if he can attain to the knowledge of that Truth which dwells within him, and which is the same as the Infinite Source of existence, intelligence, and bliss. He who has mastered all the Scriptures, philosophies, and sciences, may be regarded by society as an intellectual giant; yet he cannot be equal to that unlettered man who, having realized the eternal Truth, has become one with it, who sees God everywhere, and who lives on this earth as an embodiment of Divinity. The writer had the good fortune to be acquainted with such a divine man in India. His name was Rāmakrishna. He never went to any school, neither had he read any of the Scriptures, philosophies, or scientific treatises of the world, yet he had reached perfection by realizing God through the practice of Yoga. These powers begin to manifest in the soul that is awakened to the ultimate Reality of the universe. It is then that the sixth sense of direct perception of higher truths develops and frees it from dependence upon the sense powers. This sixth sense or spiritual eye is latent in each individual, but it opens in a few only among millions, and they are known as Yogis. With the vast majority it is in a rudimentary state, covered by a thick veil. When, however, through the practice of Yoga it unfolds in a man, he becomes conscious of the higher invisible realms and of everything that exists on the soul plane. Whatever he says harmonizes with the sayings and writings of all the great Seers of Truth of every age and clime. He does not study books; he has no need to do so, for he knows all that the human intellect can conceive. He can grasp the purport of a book without reading its text; he also understands how much the human mind can express through words, and he is familiar with that which is beyond thoughts and which consequently can never be expressed by words.

What kind of world will our children have to deal with in the future? The World Bank recently released their report on climate change titled, "Turn Down the Heat." Bringing together the results of a comprehensive research effort, the report suggests that unless human beings take action to reduce their impact on Mother Earth, the world is likely to be warmer by more than 4 degrees Celsius (7.2 degrees Fahrenheit) in the next hundred years. This will not be the end. Further warming of over 6 degrees Celsius (10.8 degrees Fahrenheit) will follow in the centuries to come. This book is a call to action. Yogi, mystic and visionary, Sadhguru, the founder of Isha Foundation and the massive environmental movement Project GreenHands, outlines the role that individuals, corporates and governments can play in controlling and reversing ecological degradation. Making it clear that "when it comes to ecological work, it is not somebody's work, it is everybody's work," Sadhguru links the responsibilities of people, business and governance to address the problem with both short-term action as well as long-term vision.

Death is a taboo in most societies in the world. But what if we have got this completely wrong? What if death was not the catastrophe it is made out to be but an essential aspect of life, rife with spiritual possibilities for transcendence? For the first time, someone is saying just that. In this unique treatise-like exposition, Sadhguru dwells extensively upon his inner experience as he expounds on the more profound aspects of death that are rarely spoken about. From a practical standpoint, he elaborates on what preparations one can make for one's death, how best we can assist someone who is dying and how we can continue to support their journey even after death. Whether a believer or not, a devotee or an agnostic, an accomplished seeker or a simpleton, this is truly a book for all those who shall die!

An inspiring chronicle of life-changing encounters, personal transformation and a vision of love that transcends the everyday definition, to embrace universal kindness and compassion, based on the knowledge that all beings are one family and that our capacity to love is one of the world's most hidden yet powerful resources. The book is groundbreaking in its affirmation of love as a pathway for people of widely differing viewpoints. Unexpectedly changed by love, Fran Grace went on a journey to learn more about its power to transform and heal. She interviewed renowned spiritual teachers, scientists, activists and artists, all chosen with the help of her spiritual teacher. Each encounter helped her overcome obstacles on her path. The book gives readers a direct encounter with teachers of love in the world today. From diverse faiths and fields of work, they reveal the power of love to be the next frontier of global consciousness, suggesting many ways to uncover it and live it. Includes photographs and unique contributions from: Dr. David R. and Susan Hawkins - H. H. the 17th Karmapa - Father Pavlos of Sinai - Llewellyn and Anat Vaughan-Lee - Mona Polacca and The International Council of the 13 Indigenous Grandmothers - Betty J. Eadie - Belvie Rooks & Dedan Gills - Dr. William and Jean Tiller - Jetsunma Tenzin Palmo - Huston Smith - Mother Teresa and the Missionaries of Charity - Sadhguru Jaggi Vasudev - Dr. Viktor Frankl (with grandson Alexander Vesely and Frankl family representative Mary Cimiluca) - Swami Chidatmananda. Fran Grace's personal narrative is pulsed by her encounters with the pioneering teachers of love listed above, each of whom has a chapter that includes a brief biography, excerpts from their dialogue with the author, and her sense of how the encounter helped her to overcome the many obstacles to love. The book takes readers on a journey into Buddhist and Hindu monasteries in India, an Indigenous Grandmothers' fire circle in the Black Hills, Mother Teresa's Homes for the Poor in Rome, Calcutta, and Tijuana, laboratory of a Stanford physicist, home of a Sufi sheikh, largest meditation hall in N. America, and a college classroom in California. She interviews those familiar with the stark Sinai desert, slave dungeons in Ghana, and near-death experiences. In the end, love is found to animate every moment of ordinary life. Inspiring story of personal transformation. Compelling account of how the world is transformed through everyday acts of kindness. A rich resource of teachings on love, healing and compassion from a wide range of spiritual traditions, with a rare inside view of some of the world's most respected teachers. Includes index, biographical profiles, bibliography, endnotes.

In this book, Sadhguru answers probing questions, discussing the state of modern education and the need to inspire a child to reach his or her true potential. "With the elegance of simplicity, this book takes you on an exploration of consciousness, that will shift you to a higher reality." —Deepak Chopra Constructed around a series of late night conversations around a camp fire between Cheryl Simone and Sadhguru Vasudev on an Island in the middle of a Western North Carolina lake near her mountain home, *Midnights with the Mystic* is the most thorough exposition of the teachings of India's most sought after mystic. Sadhguru challenges us to embrace the possibility that to each of us is available a higher realm of reality, a peak of consciousness; an entrée into the realm of freedom and bliss. Simone, an Atlanta real estate developer, was the typical baby boomer in search of an authentic spiritual experience. Professionally successful, yet spiritually arid, she discovered a way into what she was looking for in the teachings of Sadhguru. Concrete and down-to-earth, *Midnights with the Mystic* both provides readers with an introduction to profound spiritual teaching and a personal glimpse of a charismatic guru.

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