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With Sri Nisargadatta Maharaj

Meditations With Sri Nisargadatta Maharaj

This book presents emerging research on the effectiveness of mindfulness methods in reducing behavior problems associated with autism spectrum disorders (ASD) in children. The volume synthesizes current research and theories on the therapeutic uses of mindfulness, specifically for people living with developmental disabilities. In addition, it examines a promising new study in which mothers of children with ASD learn mindfulness techniques

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for their own use and are then trained to teach the methods to their children. The book concludes with a report of poststudy findings and a discussion of practical and methodological issues regarding mindfulness interventions for ASD. Featured topics include: A genealogy of mindfulness, from original Buddhist texts to modern health applications. Implications for further research and advancement. Appendices of basic mindfulness exercises and activities. A Mindfulness Intervention for Children with Autism Spectrum Disorders is a

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concise resource for researchers, clinicians and other scientist-practitioners, and graduate students in developmental psychology, social work, education, and related disciplines.

Nisargadatta Maharaj is undoubtedly the Ultimate Alchemist and his non-dual teachings, the Ultimate Alchemy. This book is a live satsang with Satguru Sri Nisargadatta Maharaj, covering rare and unpublished conversations with Sri Nisargadatta Maharaj which have been transcribed by his 'evening' translator, Mohan

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Gaitonde, who had the privilege of being with him from 1979 to 1981. The flavor of these talks is heightened by the fact that Mr. Gaitonde, being well-versed with Marathi, the language Maharaj spoke, is able to convey all the subtle nuances of Maharaj's potent words of wisdom. The precious conversations in this book act as a divine catalyst for all those who are eager to leave the banks of miserable seeking and intellectual understanding, and realize the ever-flowing river of Understanding of Who You Are! If you have not yet transcended the shackles of read and heard

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knowledge, these intuitive utterances of Nisargadatta will surely help restore the Eternal Ease. In talk after talk, He reminds the readers about their forgotten Richness! Welcome to the final leap into Nisargadatta's quintessential teachings. If you are waiting for Everything but also ready for Nothing, this book is the perfect touchstone. Nothing is Everything is indeed Nisargadatta Maharaj's ultimate blessing for the ardent seekers. Book jacket.

Eating disorders. Steroids.
Plastic Surgery. We'll do
anything to look better—and
yet we still feel bad about how

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we look. Self-loathing has reached epidemic proportions. But there is a way to end self-destructive thoughts and behavior. In this book, noted body-image expert Sarah Maria presents her proven five-step plan anyone can use to overcome negative body obsession (NBO). She helps you:

- Commit to change
- Identify and detach from negative thoughts
- Discover who you really are
- Befriend your body
- Find your purpose
- Love your body, love your life

Complete with exercises, case studies, and testimonials, you can learn how to stop obsessing over food and

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your body and achieve permanent peace with both. You'll banish NBO forever, and feel healthy, radiant, beautiful, and desirable—every day! Nisargadatta Maharaj's life was a wonderful example of modern-day sage who lived the simple life of a shopkeeper and family man, yet taught from the highest perspective of nondual realization. Maharaj's books and teachings are very popular among Western seekers because of their great clarity and direct approach to spiritual awakening. Awaken to the Eternal contains all of the available footage fo

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Nisargadatta Maharaj. The essence of his teachings are clearly presented and several people who had an opportunity to be with him discuss the impact of his presence and teachings in their lives. Included are interviews with Jack Kornfield, Jean Dunn, Stephen Wolinsky, and Robert Powell. Experience afresh, the true essence of his teaching. Recently, some long-forgotten tapes of Nisargadatta Maharaj's talks were unearthed from the archives of S. K. Mullarpattan, Maharaj's interpreter for the longest time. These tapes contained recordings of some of

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Maharaj's talks with seekers, held during the last two years of his life. They capture afresh the essence and flavour of the teachings of this world-renowned Master of Advaita - the Hindu philosophy of Non-duality. These dialogues find a new relevance for our times. For, in one of these talks, Maharaj made a special reference to his earlier book *I Am That* and said, "That book and whatever was expounded at that time was only relevant for that period. I am speaking differently today. As a matter of fact, this should also have been recorded and published as it is

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in greater detail, and is emphasizing different aspects."

More than 25 years later, that wish of Nisargadatta Maharaj is being fulfilled with the publication of these talks in *Beyond Freedom*. This is a book all devotees of Maharaj will want to read with ardent fervour and enthusiasm.

The first concise overview of transpersonal psychotherapy. *Acorns* delineates the future of humanity as a reunification of intellect with the Deep Self. Having chosen to focus upon ego (established securely by the time of Christ), much more beta brain wave development will

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destroy our species and others, which process has already begun. We create our own realities through beliefs, intents and desires and we were in and out of probabilities constantly. Feelings follow beliefs, not the other way around.

[Beyond the Power of Now](#)

[An Inspiring Guide to](#)

[Discovering Effortless Joy](#)

[Ending the Search](#)

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[The Path of the Circle](#)

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[to Yoga and Meditation How](#)

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[West](#)

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Sri Nisargadatta Maharaj](#)

[The Last Days Of Nisargadatta
Maharaj](#)

[I Am That I Am](#)

[Beyond Freedom](#)

[I Am That](#)

[Prior to Consciousness](#)

[Love Your Body, Love Your Life](#)

Sri Nisargadatta Maharaj

***(1897-1981), a revered master of the
Tantric Nath lineage, is an inspiring
example of an ordinary family man
who attained complete realization of
the Infinite. His words carry a rare
potency that can jolt the listener or
reader into a profound sense of
awareness, which at the same time
signifies true freedom-the freedom***

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from all fear and mental suffering. In this volume, Nisargadatta clearly demonstrates that logic and spirituality do not necessarily stand in opposition to one another. In a chapter after which this book has been titled, Nisargadatta relentlessly pursues a logical argument with the visitor to its very end.

*Executive meditation coach Mark Thornton writes about a revolution—finding your deepest heart in everyday moments. In *Meditation in a New York Minute*, Thornton demystifies meditation and makes it accessible to all. He presents his complete program for enjoying the many benefits of meditation—stress reduction, energy, intense mental clarity—in a New York minute. "If your life is*

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moving at warp speed," begins Thornton, "more than ever you need to create calm quickly and profoundly." Meditation in a New York Minute will teach even the busiest readers: How to get an hour of refreshing meditation into your day—without adding a thing to your schedule Nineteen powerful techniques from the world's wisdom traditions, distilled into "micro-doses" you can use between meetings, while commuting, in the shower—whenever you have a free moment The Eight Laws of Super Calm and the Eight Golden Keys for flipping on compassion and insight in any situation The 11 Thieves along the path of meditation, and how to dodge them "You can be super busy, super successful, and super calm at the same time, "

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assures Mark Thornton. With Meditation in a New York Minute, the rewards of this centuries-old inner art are finally available to everyone on the go.

The Ultimate Medicine is not for those who like their spirituality watered down, but for serious students searching for awareness.

Sri Nisargadatta Maharaj (1897-1981) lived and taught in a small apartment in the slums of Bombay. A realized master of the Tantric Nath lineage, he supported himself and his family by selling cheap goods in a small booth on the streets outside his tenement for many years. His life exemplified the concept of absolute nonduality of being. In this volume, Maharaj shares the highest truth of nonduality in his own unique way.

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His teaching style is abrupt, provocative, and immensely profound, cutting to the core and wasting little effort on inessentials. His terse but potent sayings are known for their ability to trigger shifts in consciousness, just by hearing or reading them."The point is that man freed from his fetters is morality personified. Such a man therefore does not need any moralistic injunctions in order to live righteously. Free a man from his bondage and thereafter everything else will take care of itself. On the other hand, man in his unredeemed state cannot possibly live morally, no matter what moral teaching he is given. It is an intrinsic impossibility, for his very foundation is immorality. That is, he lives a lie, a basic contradiction:

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functioning in all his relationships as the separate entity he believes himself to be, whereas in reality no such separation exists. His every action therefore does violence to other 'selves' and other 'creatures,' which are only manifestations of the unitary consciousness. So Society had to invent some restraints in order to protect itself from its own worst excesses and thereby maintain some kind of status quo. The resulting arbitrary rules, which vary with place and time and therefore are purely relative, it calls 'morality,' and by upholding this man-invented 'idea' as the highest good—oftentimes sanctioned by religious 'revelation' and scriptures—society has provided man with one more excuse to disregard the quest for

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liberation or relegate it to a fairly low priority in his scheme of things."

What is life when seeking ends? Just what is, nothing more or less— an ordinary person doing ordinary things, not wishing to be more or less, content to simply be herSelf. —Dorothy Hunt, Only This Do you ever feel as if your spiritual search is getting you nowhere? That despite sincere intention and effort, you're reaping frustration instead of fruit? In Ending the Search, Dorothy Hunt unravels a dilemma that has vexed countless people on a spiritual path. "You may have tried all manner of practices, meditation, guru shopping, chanting, prayer, and still you have not attained your heart's desire," she writes. "This book is about the

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ego's spiritual ambition, its search for its idea of 'enlightenment,' its struggles and its eventual fate as seeker becomes the sought."

Ending the Search explores the deep spiritual impulse to awaken and the ways a future-focused mind "co-opts" or veils what is timelessly free, loving, and ever present.

Dorothy invites us to follow our longing for truth, love, or enlightenment back to their source—the Heart that is beckoning us beyond separation. While describing and honoring different practices and paths taken in one's search for Truth, she emphasizes the practice of self-inquiry as taught by Ramana Maharshi. We are invited to search not for an idea of something "out there," but for the true identity of the seeker, the

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unnamable Mystery that is compassionately aware, existing right now in each of us. The book also looks at the processes of embodiment and surrender, the need for “ruthless honesty” without self-judgment, and in its concluding section, shares a vision of life lived authentically. “The spiritual search is a call to remember who or what you essentially are,” explains Dorothy Hunt. “What ends the search is actually present from the very beginning, beckoning you to come Home. In truth, you are what you seek, yet you must make the discovery for yourself.” This is your invitation, with Ending the Search. Highlights: • The nature of spiritual ambition • When practice becomes problematic • How the thinking mind separates us from the moment

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• Silence and stillness, our greatest teachers • Ego and the trance of separation • The human heart as a doorway to the infinite • The freedom of Presence • The price of Realization • Gurus, spiritual teachers, and charlatans • Undoing core egoic beliefs • Resting the mind in the Heart of Awareness

“Rupert Spira is one of the great souls. Read his books, and be clarified.” —Coleman Barks, translator of Rumi, including Soul Fury

A contemplative poem about the intimate, impersonal, infinite nature of being. In A Meditation on I Am, Rupert Spira contemplates the essential nature of our self before it has been conditioned or qualified by the content of experience. It is a poem, a prayer and a hymn of praise to the simple fact of being

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that is the source of the peace and happiness for which we long above all else. For seasoned spiritual seekers and newcomers alike, this meditative poem explores and celebrates the truth of what we essentially are: the awareness of being that shines in each of our minds as the knowledge “I am,” which is temporarily coloured by experience but is never modified, changed or harmed by it.

From the moment we emerge into the world as an infant we begin a journey of experience. We all share the desire to be happy. In this journey we will all experience emotional and physical pain and the loss of what we love. How we meet our losses and pains will determine the amount of peace we have in our lives. If we meet them as the

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hardened warrior or the defeated victim we live from survival and peace escapes us. In Medicine of One, Lomakayu, spiritual teacher, Soul Dreamer, and the originator of primordial movements for emotional healing, offers us a path to spiritual awareness, self-compassion and freedom that is as simple as a Circle. Using his own unique teachings, personal experience, and poetic language, he shares a path that will enliven, bring clarity, inspire, and fulfill you no matter where you are in life. Allow yourself to open the pages of Medicine of One ... breathe in the words ... and slowly grasp all you can from what is written. You will find yourself in a Circle full of deep understanding and self compassion.

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In this book the reader will find the Master Key to Self-Realization that is in the form of the methodical teaching of Shri Siddharameshwar Maharaj about Self-Knowledge and realization of Final Reality. The teaching contained in this text reflects the clear and direct language that was used by Shri Siddharameshwar Maharaj and that has been similarly used for expressing Advaita Vedanta teachings that have been passed down through the ages. The spiritual instruction contained in this book forms the foundation for understanding the Advaita teachings of Shri Ranjit Maharaj and Shri Nisargadatta Maharaj, and is consistent with the teachings of other great Masters such as Shri Ramana Maharshi, Shri Adi

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***Shankaracharya, and Saint Shri
Samartha Ramdas, among others.
May the one reading these words
attain the realization of the Final
Reality with the aid of this text by
the Grace of the Sadguru, who is
your own True Self. Jai Sadguru
Parabrahman***

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[The Connectivity Principle](#)

[Compiled from I AM THAT](#)

[Talks with Sri Nisargadatta Maharaj](#)

This book is a compilation of unpublished talks with the contemporary Indian sage, Nisargadatta Maharaj. Recorded in the late 1970s and early 1980s, it represents some of the fundamental teachings of this important sage. All of the sayings point the reader back to the truth of one's true nature--one of undying peace and happiness. Many contemporary teachers, such as Lama Surya Das, Wayne Dyer, and Jack Kornfield, draw on the words of

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Nisargadatta for inspiration and clarification. These wisdom-teachings are combined with photos of Maharaj and some of the locations he lived in in Bombay and the surrounding area. This book is a spiritual journey back to the source of true and abiding peace and happiness. Nisargadatta Maharaj was a simple family man, and owner of a cigarette shop. The beauty of his teachings lie in their remarkable clarity and wisdom, which is borne of the highest realization and spiritual understanding. A powerful life-transforming book that answers the ultimate

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questions of "Who am I? Why am I here? What is the purpose of existence?" Never before has Truth been revealed in such a simple, direct and pragmatic way. A roadmap to Self-Realization. This is a direct line to truth, your truth!

This book examines the work of two major poets who wrote in the second half of the twentieth century, Yves Bonnefoy of France and the Syrian-born Adonis (born Ali Ahmed Said). In conducting close readings of key moments from their respective poetry, the author illustrates how both of these writers, in their own unique ways, construct poetry

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as a form of spiritual practice, that is, as a way of transforming both the poet's and the implied reader's ontological, perceptual, and creative relationships with their internal and external worlds. Traces the history and influence of Indian spirituality in the United States while explaining how Hinduism and Vedic tradition have shaped American practices, ranging from prayer and pop culture to relationships and meditation. Best-selling author Barbara Berger's new book is a practical spiritual handbook that offers readers a complete guide to the awakening

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consciousness that is emerging on planet Earth. In this book, Barbara not only maps out the incredible power of mind, but she explains how to use this power wisely. The message of the book is very relevant for everyone in this time of crisis because the book offers a roadmap of how to use so much of the information that is floating around today in so many spiritual books. It's a major work and the best book Barbara Berger has written so far. The promise of this book is that it shows readers how to find a way out of suffering by waking up to the nature of reality and the nature of mind

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to find the peace and happiness they seek in the present moment.

Eckhart Tolle is perhaps the most popular spiritual guru in the world. His books have topped the New York Times Bestseller List, and his core teaching-achievement of liberation via the power of Now-has become the "guiding light" of the New Age movement. But according to L. Ron Gardner, author of Beyond the Power of Now, there is a problem-a big problem-with Tolle's core teaching: Tolle never explains what, exactly, the power of Now is. Is it the same thing as Hindu Shakti or the Buddhist

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Sambhogakaya or the Christian Holy Spirit? Tolle doesn't say. He continually refers to the Bible and Jesus in his book, but, shockingly, never once mentions the Holy Spirit and how it relates to the Power of Now. L. Ron makes it clear that the true Power of Now is the Holy Spirit, which is the same divine Light-energy as Hindu Shakti and the Buddhist Sambhogakaya. He explains and extolls the true power of Now and castigates Tolle for failing to identify and describe it. To some, Eckhart Tolle is a New Age visionary, describing a "new earth" that can materialize if mankind, en

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masse, awakens to the power of Now. But according to L. Ron Gardner, he is simply a histrionic ranter full of empty rhetoric. Throughout this book, L. Ron continually points out, from different angles, the folly of Tolle's New (or Now) Age chimera and describes the social system that represents mankind's sociopolitical salvation. Beyond Tolle's teaching about the power of Now and rhetoric about a "new earth," L. Ron takes the renowned guru to task on virtually every subject he addresses. Most significantly, he rebuts his arguments that:

- 1) emotions can be trusted*

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more than thought; 2) time is a mind-created illusion; 3) psychological time is insanity; 4) the present moment is the Now; 5) the "inner" body is the direct link to the Now; 6) your cells stop aging when you live in the Now; 7) women are spiritually more evolved than men; and 8) animals such as ducks and cats are Zen masters. Eckhart Tolle's teachings are replete with erroneous ideas, and L. Ron Gardner exposes the major flaws in his principal arguments while providing readers with integral solutions. Truth waits for eyes unclouded by longing.' Lao-Tzu (poet and

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philosopher) In this collection of short, contemplative, enlightening reflections, spiritual teacher and Quaker Christopher Goodchild, inspired by his own experiences, guides you through his spiritual and philosophical journey to his truest and most peaceful self. Written from a 'soul' perspective, the book reveals how, by looking beyond vulnerability to see innate strength, and searching beyond pain and turmoil to find peace and serenity, anyone can affirm their true humanity despite the hardships and distractions of modern life. Christopher's compassionate

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route through difficulties, doubt, grief and fear is marked with dynamic tenderness and an artful embrace of abundant sources of wisdom. Spirituality, psychology and philosophy are seamlessly woven together in an inclusive Quaker context, led by the common values of love and forgiveness. In a world increasingly weighed down with the baggage of the self, this book will speak to anyone searching for a more clear-sighted, meaningful presence in the eternal universe.

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[The Wisdom of Sri Nisargadatta Maharaj](#) [From Spiritual Ambition to the Heart of Awareness](#)

Jean Dunn was one of Nisargadatta's closest devotees. These are her original journals covering 1977-1981 when she was with the Master. They offer great insights into Sri Nisargadatta's highest teachings, during the last period of his life. They reveal Jean Dunn's closeness with her Guru and her journey from illusion to Reality. A riveting read! A veteran teacher provides a low-key approach to learning to meditate and opening

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one's life up to happiness, clarity and peace by using your breathing, the sounds around you, the sky, or the sense of "I" as a guide.

Original.

Imagine everlasting freedom and fulfillment. Does it seem elusive? Do you have to keep striving and competing endlessly to attain it? Can you breathe a sigh of relief once you have enough wealth, fame, power and recognition? Will you be satisfied once you find your perfect soul mate? Or do you have to wait for the afterlife to rest in peace? In Nirvana, you are taken on a journey of deep inquiry to help uncover your own truth. You learn about a

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much simpler and more effective way to reconnect with your true Self and rediscover the forgotten treasure that lies buried deep within you. Once you learn to tap into this inner treasure, you begin to experience a state of freedom from worry, freedom from dependence, freedom from suffering; a state so deeply fulfilling that no objective experience can even come close. Thus commences our journey to absolute freedom: Nirvana. Sri Nisargadatta Maharaj (1897-1981), a revered master of the Tantric Nath Lineage, is an inspiring example of an ordinary

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family man who attained complete realization of the Infinite. Living the absolute nonduality of Being in every moment, he taught that true freedom is a possibility open to everyone of us. These discourses are about Transcendence. The message is clear: Return to what you were before before your so-called birth. Be in that eternity, a state of wholeness. It is changeless reality from which all change has sprung. Maharaj's wisdom is truly partaking of the Gods, because it restores us to our original pristine and blissful condition, the rediscovery of our Source.

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This is a powerful companion volume to one of the most important spiritual texts of this generation, *I Am That* by Nisargadatta Maharaj. It both illuminates and elaborates upon the major understandings, confrontations, and contributions of this most remarkable sage. Utilizing his direct personal experience, interactions, commentaries, quotations, and the inquiry process, Dr. Wolinsky transports readers right into the room where they find themselves in the presence of this most extraordinary teacher.

In dialogen met bezoekers
deelt de Indiase wijze

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(1897-1981) zijn inzichten over het wezenlijke 'ik' van de mens en de weg naar zelfrealisatie mee.

Many of us have experienced a traumatic event in our lives, whether in childhood or adulthood. This trauma may be emotional, or it may cause intense physical pain. In some cases, it can cause both. Studies have shown that compassion and mindfulness based interventions can help people suffering from trauma to experience less physical and emotional pain in their daily lives. What's more, many long-time yoga and meditation teachers have a history of teaching these

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practices to their clients with successful outcomes. In *Yoga for Emotional Trauma*, a psychotherapist and a meditation teacher present a yogic approach to emotional trauma by instructing you to apply mindful awareness, breathing, yoga postures, and mantras to their emotional and physical pain. In the book, you'll learn why yoga is so effective for dealing with emotional trauma. Yoga and mindfulness can transform trauma into joy. It has done so for countless millions. The practices outlined in this book will teach you how to use and adapt the ancient practices and meditations of

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yoga for your own healing. Drawing upon practices and philosophy from eastern wisdom traditions, and texts such as the Yoga Sutras of Patanjali, the Bagavad Gita, and the Buddhist Sutras, this book will take you on a journey into wholeness, one that embraces body, mind and spirit. Inside, you will discover the lasting effect that trauma has on physiology and how yoga resets the nervous system. Combining yogic principles, gentle yoga postures, and mindfulness practices, this book filled with sustenance and practical support that will move you along your own healing path.

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'Our own Self-realization is the greatest service we can render the world' The simple but powerful teachings of Sri Ramana Maharshi, one of India's most revered spiritual masters, continue to enlighten and enrich over sixty years after his death. *Be As You Are* is the definitive compendium of his knowledge, edited by the former librarian from Sri Maharshi's ashram, which can be found flourishing at the foot of the holy mountain of Arunchala. The book collects conversations with the many seekers who came to him for guidance, answering the questions sought on the road to enlightenment. Through this book, we can discover

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the essence of Sri Ramana's teaching: that self-realisation is the vital quest we must all pursue, before we can attempt to understand the world. Reissue of the classic spiritual work, updated with a new cover.

Based on a phenomenally popular blog post, a simple and counterintuitive approach to finding true joy When Luminita Saviuc, founder the PurposeFairy blog, posted a list of things to let go in order to be happy, she had no idea that it would go viral, shared more than 1.2 million times and counting. Based on that inspiring post, this heartfelt book gives readers permission to give up--that is, to let go of the bad habits that are holding them back from achieving authentic happiness and living their best lives.

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Lessons include: · Give Up the Past · Give Up Your Limiting Beliefs · Give Up Blaming Others · Give Up the Need to Always Be Right · Give Up Labels · Give Up Attachment Simple yet wise, and informed by the author's own inspiring personal journey, this liberating little book presents a fresh twist on happiness advice: take a step back to reflect, and give yourself permission to let things go. Includes a foreword by Vishen Lakhiani, New York Times-bestselling author of *The Code of the Extraordinary Mind* and founder and CEO of Mindvalley.

This metaphysical survival guide is a self-help manual that encourages body, mind, and spirit to leap joyfully into the Golden Age of Enlightenment. *Survival Manual for the Modern Mystic* answers dozens

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of questions challenging today's thinkers about the predictions of the Mayan Calendar which is understood to "end" on December 21, 2012. What's next? Will there be survivors? How can you prepare and care for loved ones and yourself during the birthing of the New Age? Are all humans going to be at risk at the end of civilization as we know it? How can you be of service to humanity during the transition from the Kali Yuga Age into the Golden Age of Enlightenment? Survival Manual for the Modern Mystic teaches essential metaphysical survival tools for the twenty-first century. Author Linda Silk shares her own experiences and offers practical and spiritual information, as well as reliable approaches, to help you become a successful participant in the new

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Golden Age. With each chapter, measure your personal growth of body, mind, and spirit. Implement specific survival tools and find yourself not merely surviving, but instead vibrating with the realization of how loving and powerful you are as a Modern Mystic. Learn how to become the New World and Golden Age change that you have been waiting for. Now more than ever, the Modern Mystic's duty is to: think sustainably, act locally, support globally, and respond universally. Nisargadatta Maharaj's I AM THAT has become a modern spiritual classic. "What I teach is the ancient and simple way of liberation through understanding. Meet your own self. Be with your own self, listen to it, obey it, cherish it, keep it in mind ceaselessly. You need no other guide.

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As long as your urge for truth affects your daily life, all is well with you. Live your life without hurting anybody. Harmlessness is a most powerful form of Yoga and it will take you speedily to your goal. This is what I call Nisarga Yoga, the Natural Yoga. It is the art of living in peace and harmony in friendliness and love. The fruit of it is happiness, uncaused and endless. Turn within and you will come to trust yourself. As in everything else, confidence comes with experience." - Nisargadatta Maharaj

In this book I have compiled and organized the Key Terms that comprise Nisargadatta's teaching of Self Knowledge presented in I AM THAT. The "Self Knowledge Diagram" illustrates the general structure of his teaching, employing the Key Terms used by Nisargadatta

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Maharaj. The book, "Nisarga Yoga," is structured in parallel with the "Self Knowledge Diagram," and provides quotations from I AM THAT for each term used in the Diagram.

Quotations are from the Acorn Press 2008 paperback edition. Stephen Wingate

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