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--Kathryn Budig, yoga teacher and author of
Aim True "Meditations on Intention and Being
is a wonderful balance between personal story
and traditional Eastern philosophy, and
offers an inspirational and informed
perspective on the place of yoga,
mindfulness, and compassion in our everyday
lives."

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are turning to this ancient practice as a
response to the pressures of today's hectic
world. Yoga has never been more popular.

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Meditations on Intention and Being Book
Review: While many people think of yoga as a
purely physical exercise, it is just as much
a mental discipline. In this much-anticipated
follow-up to his beloved first book,
Meditations from the Mat, acclaimed yoga
practitioner Rolf Gates delves even deeper
into the essential role of meditation in
yogic practice.

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"Meditations on Intention and Being is a
wonderful balance between personal story and
traditional Eastern philosophy, and offers an
inspirational and informed perspective on the
place of yoga, mindfulness, and compassion in
our everyday lives." –Beryl Bender Birch,
author of Power Yoga and Yoga for Warriors
"Rolf has done it again.

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In Meditations on Intention and Being,
acclaimed yoga teacher Rolf Gates draws on
twenty years of teaching experience to
explore and explain how to take the
mindfulness of yoga off the mat and integrate
it into every aspect of life.

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The Path Of Yoga, Mindfulness And
Compassion. An excerpt from the most
recent book by Rolf Gates, one of modern
yoga's leading voices. By Rolf Gates. Photo
via iStock. Rolf Gates is an author and yoga
teacher, and Wanderlust festival presenter.
His first book, Meditations from the Mat
(2002) was received to critical acclaim.

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Kenerly (Narrator), Blackstone Audio, Inc.
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Description. Yoga has never been more
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are turning to this ancient practice as a

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The Path of Yoga Mindfulness And
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response to the pressures of today's hectic world. In Meditations on Intention and Being, acclaimed yoga teacher Rolf Gates draws on twenty years of teaching experience to explore and explain how to take the mindfulness of yoga off the mat and integrate it into every aspect of life.

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States, people are turning to this ancient
practice as a respons...

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Yoga has never been more popular. Throughout the United States, people are turning to this ancient practice as a response to the pressures of today's hectic world. In *Meditations on Intention and Being*, acclaimed yoga teacher Rolf Gates draws on twenty years of teaching experience to explore and explain how to take the mindfulness of yoga off the mat and integrate it into every aspect of life. Presented in the form of 365 inspirational daily reflections, Gates helps readers--from experienced yogis to novices seeking a little tranquility--to fundamentally reconsider their relationships

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with their minds, bodies, and the universe around them through self-reflection. Over the course of seven chapters, he explores Effortlessness, Nonviolence, The Spirit of Practice, Mindfulness, Compassion and Loving-kindness, Equanimity and Joy, and Intention and Being, giving readers the tools they need to effect positive changes in their lives.

365 daily reflections offering a way to integrate the mindfulness that yoga teaches into everyday life, from the acclaimed yoga teacher, Rolf Gates. As more and more people in the West pursue yoga in its various forms,

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Whether at traditional mind centers, in the high-powered atmosphere of sports clubs, or on their own, they begin to realize that far from being just another exercise routine, yoga is a discipline of the body and the mind. Whether used in the morning to set the tone for the day, during yoga exercise itself, or at the end of the day, during evening reflection, the daily reflections in Meditations from the Mat will support and enhance anyone's yoga journey.

Deeply personal essays and daily prompts for self-reflection while healing from addiction

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and walking the road of recovery from the author of Meditations from the Mat and Meditations on Intention and Being. You are a process that has called forth a teaching for this day. This teaching will not be new to you; rather it will be reminding you of what you already know. Reminding you of who you already are. Rolf Gates, author of Meditations from the Mat, has walked the walk of the 12-step method of recovery while traveling down the Buddhist eightfold way and practicing the Eight Limbs of Classical Yoga. His integrated approach has been the key to his understanding of sobriety for over 25

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years. In his series of 365 essays, Gates explores the lessons and experiences from his own practice and study, classical teachings, and his career as a teacher and coach. Each eloquent and brief essay is accompanied by a self-reflection prompt to help guide you on your journey of introspection and change. As the co-founder of the Yoga + Recovery Conference at Kripalu Center for Yoga and Health and Esalen Institute, Gates has made a significant contribution to understanding the role that yoga can play in recovery from addiction. With his personalized approach to both the modern and classic teachings and by

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embedding it within the space of the human heart and everyday life, Gates is a solid guide to finding and living the freedom that lives within each of us.

With just five minutes of meditation a day, you can achieve a more focused, balanced, and peaceful life. Join wellness consultant Anusha Wijeyakumar as she shares the transformative meditation program that she developed for California's world-famous Hoag Hospital. You will discover the vital intentions and five-minute meditations designed for heart opening, chakra balancing,

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Trusting your inner truth, embodying courage and strength, and more. These meditations and pranayama-breathwork exercises will help you create more joy and peace in your life while learning to control negative internal chatter. Raised in the philosophy of Sanatana Dharma (Hinduism) on her way to becoming a clinician and teacher, Anusha expertly helps you integrate ancient Eastern wisdom into your modern Western lifestyle for a deeper sense of purpose, self-acceptance, and self-love.

Make Peace with Your Plate This is not your

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The Path Of Yoga Mindfulness And
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Traditional cookbook. You will not have to do a cleanse, eat kale every day, or eliminate an entire food group. Instead, you will learn the step-by-step process for eating with intention and put a stop to the never ending cycle of fad diets, constant exhaustion, and general unhappiness with your body and yourself. Meditation and wellness teacher Cassandra Bodzak struggled for years with unhealthy dieting, stomach pains, and food allergies. It was only when she began to listen to her body and eat with intention that she transformed her life. In this book, she shares her wisdom to help you discover:

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-How to uncover the foods that are hurting you -How to nourish your body from a place of self-love -How to incorporate a daily gratitude or meditation practice into your life -How to prepare nearly 75 plant-based recipes, each accompanied by a mantra and meditation for eating with purpose and fueling your body So if you want to learn how to quiet your mind, start listening to your own body, and love your whole self, then you are ready for this blueprint to a life that lights you up from the inside out. You are ready to live your best life with a clear head, open heart, and endless energy.

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With just five minutes of meditation a day, you can achieve a more focused, balanced, and peaceful life. Join wellness consultant Anusha Wijeyakumar as she shares the transformative meditation program that she developed for California's world-famous Hoag Hospital. You will discover the vital intentions and five-minute meditations designed for heart opening, chakra balancing, trusting your inner truth, embodying courage and strength, and more. These meditations and pranayama-breathwork exercises will help you create more joy and peace in your life while

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Learning to control negative internal chatter. Raised in the philosophy of Sanatana Dharma (Hinduism) on her way to becoming a clinician and teacher, Anusha expertly helps you integrate ancient Eastern wisdom into your modern Western lifestyle for a deeper sense of purpose, self-acceptance, and self-love.

Daily Intentions is a collection of intuitively written meditations that offers the reader a gentle, spiritual, and thoughtful approach in dealing with everyday problems, difficult emotions, and the high-

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tech stressors common to us all. Each daily entry reveals an insight accompanied by a simple, spiritual, practical solution or a universal truth that can be easily understood by anyone. Every word in Daily Intentions has been divinely inspired and will, in turn, inspire those who read the book, whether they are beginning spiritual seekers, well-seasoned seekers who are already traveling a spiritual path, or those that maintain no particular belief in any Primary Universal Source. The daily entries may serve as a reminder of what the reader already knows deep within his or her soul, as well as offer

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ways to rediscover their own truth and by using the simple techniques suggested in much of the book. Most of the techniques are short meditations and holistic approaches, experientially tested and proven, not only by the author, but also by millions of others throughout history.

Create a new way of living that reduces stress, increases productivity, improves mood, and enhances relationships. Using step-by-step instructions and exercises that incorporate habit-forming techniques, author Kate Sciandra helps you find everyday

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opportunities for making mindfulness an easy practice. In just six weeks, you can fully integrate this quick approach to living in the moment. Each week you'll learn about: The difference between meditation and mindfulness, and how to recognize opportunities for both Useful information about mindfulness, meditation, and habit formation How to build your mental toolkit as well as ways to use it often How to address misconceptions about the process of being present How to live in the moment no matter what you're doing or where you are Whether you want to improve your concentration, take

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better care of yourself, or simply have a greater appreciation for life, this easy-to-use guide is your best choice for calming the body and quieting the mind on a schedule that fits your busy life.

"Designed to enrich social, emotional, intellectual, and spiritual living, Good Morning Intentions is a practical book about the natural health care benefits of daily rituals." –Foreword Reviews
What can you do each morning to raise your vibration and jumpstart your bliss? Spoiler alert: The answer isn't coffee. If you want to feel more

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grounded, energized, and connected to your goals, you should try what famous and highly successful people—from Benjamin Franklin and Jane Austen to Steve Jobs and Oprah Winfrey—have been doing throughout history: adopt a morning ritual, and stick to it! But where do you start? In *Good Morning Intentions*, two yoga and meditation teachers and entrepreneurs reveal 21 rituals to help you make each morning really matter, setting you up for daily success. In this easy-to-use and accessible guide, you'll find a powerful blend of energy-boosting exercises, breathwork, simple meditations, and intention-

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Setting practices—rather than complex yoga postures—to help you start your day with a deep sense of joy, vitality, and radiance. If you're ready to align your life with a higher purpose, increase your motivation, and reach your highest goals, make this book a part of your daily ritual. Coffee is optional.

Meditation helps us relax, sharpens our minds, and increases our creativity. In *The Tibetan Book of Meditation*, Lama Christie McNally demonstrates that meditation also provides a much greater gift. It awakens our innate potential to shape our reality, to

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Make moments of joy last forever, and to bring us the peace and contentment that we all ultimately seek. Written in an instructional yet intimate style, the author guides readers through a progression of meditations, from the simple concept of compassion to the transformative concept of emptiness. Teaching technique and content at the same time, this book is unique in its comprehensive approach and will find a special place in the hearts of novice and experienced meditators alike. Christie McNally, a renowned master teacher and lecturer who has studied with some of the

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greatest Indian, Tibetan, and western
Buddhist masters, explains the central tenets
of Buddhism and reveals how they apply to
everyday life. Combining ancient wisdom and
contemporary teachings, she leads readers
along the path to a richer, fuller life
through resonant examples and eye-opening
insights. Her engaging tone and fresh
approach to the art of meditation will appeal
to followers of Pema Chödrön and to readers
of Jack Kornfield, Sharon Salzberg, and Jon
Kabat-Zinn. This down-to-earth guide to
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