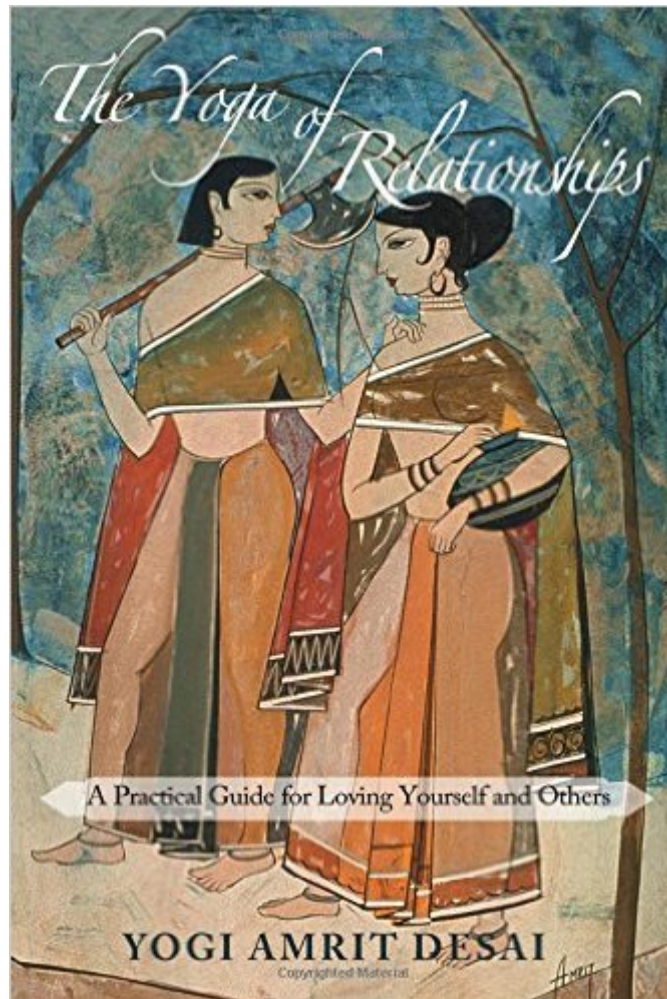


The book was found

The Yoga Of Relationships: A Practical Guide For Loving Yourself And Others



Synopsis

World-renowned yoga master Amrit Desai melds ancient wisdom with modern practicality as he offers piercing insight into the nature of relationships as a road map to fulfillment. The appendix includes outline of the basic life-observances of yoga, guidelines for day-to-day living, and meditations on healing relationships. Yogi Amrit Desai is recognized as one of the pioneers of the authentic teachings of yoga in the West. Today he oversees the Amrit Yoga Institute in Salt Springs, Florida, with its many affiliate branches and teachers in North America and Europe. He travels extensively giving talks and workshops.

Book Information

Paperback: 138 pages

Publisher: Red Elixir; Reprint edition (September 8, 2015)

Language: English

ISBN-10: 193968143X

ISBN-13: 978-1939681430

Product Dimensions: 6 x 0.5 x 8.8 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #374,471 in Books (See Top 100 in Books) #81 in [Books > Religion & Spirituality > New Age & Spirituality > Sacred Sexuality](#) #1082 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #1953 in [Books > Parenting & Relationships > Marriage & Adult Relationships](#)

Customer Reviews

Yoga is defined as the union of the individual soul with the cosmic soul and the state of oneness with the higher self, so the yoga of relationships is about the double union between self and source and self and other. While we are born knowing our connection to source, we lose it through constant abrasion against the reality of our parents, peers, and surroundings. We then spend much of the rest of our lives trying to recapture this feeling of connection. Yogi Desai suggests that we use our relationships as mirrors to reflect back to us who we think we are, and may be attracted to another person because we like the image we think they see. These relationships with people, food, entertainment, substances may give us some temporary pleasure and relief from pain or fear, but they also may lead to addictions and dependencies. The most important relationship in our lives is the one we have with ourselves, and unless we love and accept ourselves, how can we expect

others to love and accept us?"Understand that in all significant relationships, we project our own unmet emotional needs and desires onto those we love.â •When life moves on and people change, we lose our anchor. We become fixated on holding on to the past because we fear the unknown that lies ahead. The only way to move forward and create a new future for ourselves is to release anger and adopt forgiveness â “ and that includes forgiving ourselves. There is a section about our relationship to food that many will resonate with. Yogi Desai points out that we often use food to fill our inner emptiness, a sign of spiritual starvation. We have distorted the basic function of food as a source of nourishment and made it primarily a source of pleasure.

[Download to continue reading...](#)

YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) The Yoga of Relationships: A Practical Guide for Loving Yourself and Others Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Polyamory: The Practical Dater's Guide to the Pursuit and Maintenance of Open Relationships **FREE BONUS BOOK** (Polyamory, Polyamorous, Relationship, ... Polyamory Dating, Open Relationships) At Office Yoga: Your At Work Yoga Guide For Stiff Bodies That Sit All Day (Just Do Yoga Book 7) Yoga: Ultimate Yoga Mastery: 2-Books-in-1 (50+ Beginner and Advanced Poses Illustrated) (Yoga Healing, Stress Reduction and Mindfulness) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Loving Someone with Bipolar Disorder: Understanding and Helping Your Partner (The New Harbinger Loving Someone Series) The Path of the Yoga Sutras: A Practical Guide to the Core of Yoga Trauma-Attachment Tangle: Modifying EMDR to Help Children Resolve Trauma and Develop Loving Relationships The Karma Queens' Guide to Relationships: The Truth About Karma in Relationships The New Yoga for Healthy Aging: Living Longer, Living Stronger and Loving Every Day Healing Hepatitis C: A Patient and a Doctor on the Epidemic's Front Lines Tell You How to Recognize When You Are at Risk, Understand Hepatitis C Tests, ... C, and Advocate for Yourself and Others Friends And Other Confusions: 10 Poems on liking others and yourself Resonant Leadership: Renewing Yourself and Connecting with Others Through Mindfulness, Hope, and Compassion People Skills: How to Assert Yourself, Listen to

Others, and Resolve Conflicts

[Dmca](#)