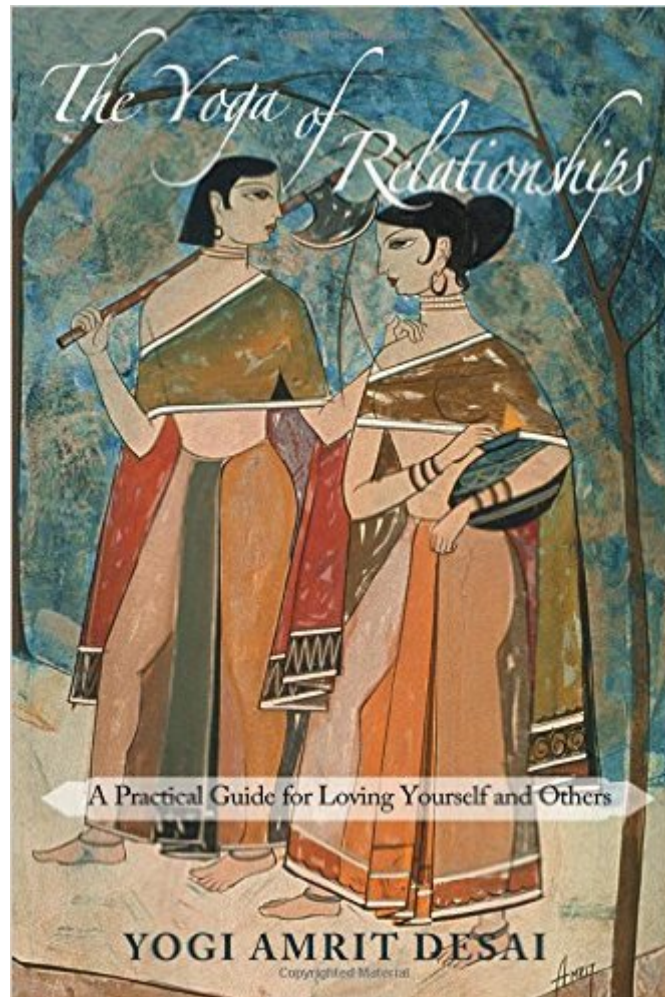


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# The Yoga Of Relationships: A Practical Guide For Loving Yourself And Others



## 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

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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. • 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 – 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.

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