



## Samyama - Cultivating Stillness in Action, Siddhis and Miracles: (Ayp Enlightenment Series)

By Yogani

Createspace, United States, 2012. Paperback. Book Condition: New. 201 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Samyama - Stillness in Action, Siddhis and Miracles covers a powerful yoga practice that has been shrouded in mystery for centuries. Yet, it is as close to us as our most immediate hopes and dreams, for it is the principles of Samyama that are operating behind everything good that is happening in our life. The key methods of Samyama are covered here, simplified to enable anyone to engage in daily practice leading to profound results. Our deepest desires can be enlivened by systematically letting go into our inner silence. Whatever we surrender will come back to us a thousand-fold, purified in a divine outpouring. This is Stillness in Action. Yogani is the author of ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices - Easy Lessons for Ecstatic Living (two comprehensive user-friendly textbooks), and The Secrets of Wilder, a powerful spiritual novel. The AYP Enlightenment Series makes these profound practices available for the first time in a series of concise instruction books. Samyama is the fifth book in the series, preceded by Asanas, Mudras and...



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