

## The Yoga Of Relationships

**Yoga Journal** 2004-09 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

Stress, Self-Regulation and Yoga Lauren Mary Collins 2020-04-25 Generally speaking, self-regulation refers to efforts of monitoring, willpower, and motivation to manage or alter one's incipient responses and impulses to pursue or maintain explicit goals or standards. Yoga practice promotes a general attitude of health care, as well as a commitment and a personal responsibility in its maintenance. Thus, healthy mental habits and positive cognitive and behavioral changes, aimed at increasing the degree of well-being and resilience, can be developed through yoga practices. In this regard, important extant evidence in animal models and humans have shown structural and functional changes in the brain, after interventions with cognitive therapy and certain forms of meditation based on compassion, leading to the suggestion that the neural circuits underlying social and emotional behavior well-being and other prosocial characteristics might be enhanced through the training in these practices. Researchers suggest that the ability to self-regulate and respond empathetically can mitigate psychosocial stress. There has been increasing evidence that yoga and yogic practice are highly influential in the facilitation of self-regulation.

Yoga and Personal Relationships Swami Akhandananda Saraswati 1985

**A Treatise on the Yoga Philosophy** N. C. Paul 2017-08-23

*A Slice of the Beloved* Gurutej Khalsa 2013-01-03 Of all the things we hold dearly, the most important are the intimate relationships we share with those whom we love. Throughout our time we strive for connection, compassion, understanding and, ultimately, a bond between hearts and minds. A relationship should be treasured as the jewel in our life. This book is about intimate relationships, yet many of these tools can be applied to other relationships in your life. The key to nurturing all relationships is feeding the connection. Do you want to know how to do that? Then follow Gurutej on a great adventure through the pages of this book. Think of it as a treasure hunt - you are the treasure. Use these tools to unearth and discover yourself. This is also a workbook. Go through it at your own pace. Doing something once is great, but really building a relationship with anyone takes time. Steady work will help you emerge so much brighter, more powerful, and capable of loving and being loved. Sounds good? Then make a commitment to incorporate these practices into your life for at least 40 days, preferably 120 days, to create a shiny new you and a shiny new habit.

**Compulsiveness to Consciousness (eBook)** Sadhguru 2013-03-09 "If your life becomes an expression of your joy, not in pursuit of happiness, then relationships will be naturally wonderful." - Sadhguru Human beings constantly make and break relationships. Unfortunately, relationships can make and break human beings too. Why are relationships such a circus for most of us? What is this primal urge within us that demands a bond - physical, mental, or emotional - with another? And how do we keep this bond from turning into bondage? These are the fundamental questions that Compulsiveness to Consciousness looks at as Sadhguru shares with us the keys to forming lasting and joyful relationships, whether they are with husband or wife, family and friends, at work, or with the very existence itself.

**Intimate Yoga for Couples** Mishabae 2010-06 Yoga as a spiritual system with a physical component is fully explored in these intimate routines. Couples will find their relationships resonating with a deeper harmony by making the body flexible and strong while drawing clarity and peace into the mind and emotions. A regular practice of Couples Yoga can improve your quality of life by bringing renewed health to your body, deeper intimacy to your relationship, and more pleasure to your bed. Learn about the benefits of deep breathing and explore the chakras, solo positions and romantic partner positions. These creative and sensual practices will add both tenderness and power to your relationship. Over 270 color photographs, artful sequencing and easy to follow instructions will appeal to both novice and seasoned practitioner. With 20 years of experience as a yoga instructor and massage therapist, author Mishabae believes that if you take the practices in this book off the mat and into your lovemaking, the experience of great sex can be yours to share, nurture and expand upon.

*What Is Love?* Frank Vilaasa 2007-04

**Marriage in the Spiritual Path** Shakti Parwha Kaur Khalsa 2007-06-10

*The Nine Keys* Lynn Roulo 2018-10-16 The Nine Keys: A Guide Book To Unlock Your Relationships Using Kundalini Yoga and the Enneagram weaves together two ancient technologies in a modern application to improve your relationships. The Enneagram is a tool for compassion that explains why people behave the way they do. The Nine Keys outlines nine distinct habits of attention and illustrates how these different habits influence your interpretation of events. And it highlights how misunderstandings occur and how these differences can be bridged. Kundalini Yoga, the yoga of self-awareness, offers practical tools to address our somatic experience in the world. This simple, powerful form of yoga emphasizes breathwork and strengthening the nervous system, addressing the changes that need to occur to keep your body in a relaxed, expansive state, thereby lowering stress and anxiety.

A Fifth Yoga Joseph Havens 1978

**How to Love and Be Loved** Paramhansa Yogananda 2007-03-15 Have More Harmony in Your Life How to Love and Be Loved Paramhansa Yogananda Friendship, love, marriage, and children can offer us our greatest joys in life or our greatest sorrows. Selfless love is the essential key to happiness in all our relationships, but how do we practice it? How to Love and Be Loved is the third book in The Wisdom of Yogananda series and features writings not available elsewhere, that capture the Master's expansive and compassionate wisdom. In this book Paramhansa Yogananda, one of the best-loved spiritual teachers of the twentieth century, shares fresh inspiration and practical guidance on: Friendship; broadening your sympathies and expanding the boundaries of your love; How to cure bad habits that spell the death of true friendship: judgment, jealousy, over-sensitivity, unkindness; How to choose the right partner and create a lasting marriage; Sex in marriage and how to conceive a spiritual child; Problems that arise in marriage and what to do about them; Experiencing the Universal Love behind all your relationships. The Wisdom of Yogananda series features writings of Paramhansa Yogananda not available elsewhere. These books capture the Master's expansive and compassionate wisdom, his sense of fun, and his practical spiritual guidance. This series includes writings from his earliest years in America, in an approachable, easy-to-read format. The words of the Master are presented with minimal editing, to capture the fresh and original voice of one of the most highly regarded spiritual teachers of the twentieth century.

*The Desi Guide to Dating* Ira Trivedi 2019-02-14 So, you're ready to start dating? But do you know what dating is? Do you like a girl but can't figure out how to ask her out? Do you have a friend who likes you but you just don't like him back? Perhaps you've downloaded a dating app but are unsure about how to start a conversation? Look, we know dating ain't easy, and for the average Indian, it seems that much harder as we've never been taught this stuff. Our society is unique and so are the problems we face. In an age of ghosting, cheating, blocking and ignoring, finding love is difficult but The Desi Guide to Dating is here to help you out! This book is your one-stop solution to all your dating needs. It helps you perfectly navigate the increasingly confusing world of dating with a step-by-step guide. How to ask her out, what to wear on your date, how to protect your heart, how to kiss the girl, how to fend off creeps and stalkers, and much more. Happy dating, folks! Your time has finally come.

*Bhakti Yoga Practice* Krista Detullio 2021-06-10 The book shares knowledge about yoga. It explains knowledge of the relationship between the soul and the Supersoul, the purpose and meaning of physical existence, and the ultimate goal. It provides an effective and simple process of meditation, Hare Krishna mantra chanting, some basic prayers and favorable basic practices for spiritual advancement.

*Head Over Heels: A Yogi's Guide to Dating: A Cheeky, Mindblowing Roadmap to Relationships* MS Rachel Scott 2017-12-03 How do you find the "one?" *Head Over Heels: A Yogi's Guide to Dating* is your roadmap through the storm. You don't have to be a yogi to discover how yoga philosophy - developed over thousands of years of dedicated practice - can help you navigate everything from your first date at Starbucks through a committed partnership. This book is for you if you want to: - Chose love, not fear - Find a partner who adds to your life, not just fills a gap - Transform dating into a powerful opportunity for self-growth - Feel more vibrant, awake, and alive - Unearth and transform common emotional blockages to intimacy such as fear, insecurity, and fantasy - Become self-sufficient and empowered - Discover yourself and become the person that you want to be. Far more than just a physical practice, the deep wisdom of yoga contains practices that are designed to help us live fuller, more vibrant, healthier, happier lives. It's time to unlock these powerful tools and experience for yourself how your yoga can support your life - and loving - off the mat. Why wait? It's time to find love. And find yourself.

*Contact* Tara Lynda Guber 2006 Bringing the "Seven Points of Contact"--trust, passion, commitment, love, communication, vision, and union--into focus as points on the body, this edition reveals patterns of connecting and distancing, loving and protecting, giving and receiving at their deepest levels.

*Empowering Relationships* Shakti Durga 2013 Are you looking for a deeper understanding of how to create healthy relationships from a spiritual perspective? Advice and help with transforming even the most tricky relationships? *Empowering Relationships* is filled with powerful, effective and easy to use tools and techniques that will help you gain a better understanding of relationships and yourself in the process. Author, Australian Guru Shakti Durga, aims to empowering you to end relationship issues through gaining the ability to create more peace and happiness in your life than you ever thought possible. Her teachings are based on her own life experience of two divorces and now a long-term, deeply loving marriage of 12 years. She has also taught thousands, through her courses and seminars, how to successfully change every form of relationship, from marriages to workplaces. While her approach melds together the spiritual with the practical, it is accessible to people of any faith or background. She provides a set of tools that she has tested herself and knows they work. She also provides clear advice and explanations of how our relationships are impacted by the spiritual laws that govern everything and are common to all faiths and religions: - Learn how to fix marriage and workplace relationship patterns created by old stuck beliefs, emotions and energy - Discover how our thoughts, how we manage emotions, our past lives, karma, early childhood experiences and our own self-worth affect every relationship in our life - Become empowered to change your life through the knowledge to heal yourself and your relationships This book is for those who want to start playing an active role in improving their lives. It's time to gain the knowledge and ability to create the life you have always wanted.

**Yoga Journal** 1999-09 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

**Teaching Yoga** Donna Farhi 2016-08-01 Drawing on decades of experience in training yoga teachers, Donna Farhi offers the first book to set professional standards for yoga teachers. *Teaching Yoga* explores with depth and compassion a variety of topics both practical and philosophical, including how to create healthy boundaries; the student-teacher relationship (including whether a sexual relationship is acceptable); how to create physical and emotional safety for the student; what is a reasonable class size; how much a class should cost; and how to conduct the business of teaching while upholding the integrity of yoga as a philosophy, a science, and an art.

*Charge and the Energy Body* Anodea Judith, Ph.D. 2018-04-10 Use the power of life force to live your highest potential with this "landmark book" that addresses "the role of the chakras in personality and our intimate relationships" and "opens the door to the inner experience of the authentic self" (Peter Levine, author of *Waking the Tiger*) We all know what it's like to have a "charge" about something. It's a feeling of excitement, fear, sexual arousal, or irritation. But what we don't currently know is how to use charge for the behaviors we want to create. Charge is a word for the basic life force running through us. This force is crucial if we are to meet the challenges of difficult situations, heal past wounds and traumas, and manage the stress of modern life. Even more, it is essential for understanding how to master your own life force and become all you can be. This book makes an important contribution to the growing field of Energy Medicine, by looking at charge as the interface between mind and body, and the missing ingredient in Mind-Body healing. It brings the reader into a deep intimacy with their own life force, as well as an understanding of how charge runs their relationships, their children, their clients, and patients. It examines how we can become "overcharged" or "undercharged" and how to bring about balance through practices of charging and discharging. Each chapter gives simple exercises to put these principles into practice. World-renowned teacher, somatic therapist, best-selling author, and advanced yoga teacher, Anodea Judith, Ph.D., addresses all this and more in her groundbreaking book on mastering the life force. Taken from her decades of teaching on the subject and her doctoral work in Mind-Body medicine, this book contributes something entirely new to the literature on healing self and others.

*Love and Family Life* Swami Rama 1992 Guides the reader to understand the interplay between loving relationships and the path to spirituality.

*Inner Tantric Yoga* David Frawley 2008 This extraordinary new book shows us how to connect with the Devatas, the Divine powers of the universe to develop our deeper Yoga practice. It features special chapters on the Shiva Linga, meditations on Shakti in nature and in the human body, Shakti in the practice of Yoga, special knowledge of the chakras (including the spiritual heart and the crown chakra), the four internal energy centers of Fire (Agni), Sun (Surya), Moon (Soma) and Lightning (Vidyut), the practice of Drishti Yoga (Yoga of perception), Shambhavi Mudra, and important mantras to Shiva, Kali, Bhairavi and Sundari. It contains a wealth of deep yogic knowledge not easily available today and based upon traditional Sanskrit sources.

*The Changing Nature Of Relationships* Paramahansa Prajnanananda Relationships Begin With Knowledge, Progress With Understanding And Ripen Through Love. Expansion And Successful Relationships Bring About Completeness In Life. While Living In This Changing World, We Are To Multiply Our Relationships Basing Them On Love And Oneness, Yet Retaining The Awareness That Nothing Is Permanent Except The Immortal Self And The Blessing Of Its Endless Love.

**Yoga Journal** 1981-05 For more than 30 years, Yoga Journal has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

*One Conscious Choice* Karen A. Bowen 2019-08-30 In *One Conscious Choice*, Karen A. Bowen shares a simple and profound new way of understanding our choices, relationships, how life works, and what keeps us repeating old patterns. And, how with the power of one conscious choice, we can change, overcome obstacles and accomplish our dreams, bringing us more success and happiness than we thought possible. In her work and research with clients over the last twenty years, Karen realized that there are only two ways to relate to life and each other. In this remarkable book, we discover how these two approaches work and why one is guaranteed to lead to pain, suffering and a life of mediocrity while the other inevitably leads to accomplishing extraordinary relationships, true success, joy, and our heart's desire. Karen offers both a psychological and spiritual explanation with practical methods of moving out of the pain and suffering side of life. A series of stories are interspersed throughout the text revealing individuals who have actually made life-enhancing

changes.

**Deep Human Connection** Stephen Cope 2019-03-26 “Lovingly crafted, deep, richly engaging, and wise.” —Jack Kornfield “An important resource . . . for many years to come.” —Sharon Salzberg “ . . . brilliant and utterly engaging.” —Tara Brach This “glorious book . . . [guides] us into the infinite mysteries of human attunement”, exploring the essence of connection through five essential types of relationships (Bessel van der Kolk, New York Times–bestselling author of *The Body Keeps the Score*) Do you long to connect more deeply with other human beings? Do you wonder if you’re living up to your human potential to make these deep connections happen—and perhaps missing out on this most compelling aspect of a vital life? In this groundbreaking book, bestselling author Stephen Cope invites us to explore the most important questions in this domain: What is the nature of human connection? Why, precisely, is a capacity to connect deeply so important to the development of our minds, bodies, and spirits? What are the actual mechanisms of connection that we must master during the course of life? How can our lack of connection inhibit our happiness and satisfaction in life? Can we learn to connect more wisely than we do? Cope is well known as a master storyteller, and he seamlessly blends science, scholarship, and storytelling, drawing on poignant stories from his own life as well as the lives of famous figures—from E. M. Forster to Sigmund Freud to Queen Victoria—whose formative relationships shed light on the nature of connection itself. In the process, he lays out in stunning detail the precise mechanisms of human connection, which he distills into five helpful categories: containment, twinship, adversity, mirroring, and conscious partnership. Then he invites us into a remarkably practical reflection on how these forms of connection appear in our own lives, helping us work toward a fuller understanding of deep human connection—and a more satisfying and fruitful life. *Deep Human Connection* was originally published as *Soul Friends*.

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*Diamond Lotus: One Woman's Discovery of Enlightenment Through Travel, Relationships and Yoga* Stefanie Baranowski 2021-12-09 Stefanie Baranowski thought she had it all: the house, the dog, the engagement ring—two engagement rings. She had everything on the outside that society tells us, as women, we need in order to feel purposeful and happy. But on the inside, she became consumed with feelings of regret, being stuck, and succumbing to a loss of self the longer she stayed committed to the life of what she thought was happily ever after. An inspiring and thought-provoking memoir of love, heartbreak, and self-discovery, *Diamond Lotus* is about what can happen when you risk letting go of societal ideals and diving into the journey of the self through the self to find what truly makes you feel purposeful and happy. A touching story that is sure to resonate with anyone who has ever imagined a life beyond the conventional.

Secrets of the Eternal Moon Phase Goddesses Julie Peters 2016-05-10 Part introduction to Tantric traditions, part personal growth guide, this exploration of the Eternal Moon Phase Goddesses—with nightly meditation and journaling practices—is for anyone who wants to embrace the confusion, loss, loneliness, desire and pleasure that make up the spectrum of human experience—and better understand who they already are.

**Emotional Yoga** Bija Bennett 2011-11-08 A groundbreaking yoga program that takes full advantage of the body-mind connection. Drawing on her extensive training in yoga therapy, dance, and meditation, Bija Bennett has created a groundbreaking yoga program that takes full advantage of the body-mind connection. Based on the classical eightfold path of yoga, Emotional Yoga offers a broad range of simple body-mind techniques that can positively affect our emotional well-being, including the dynamic interplay of movements, breathing exercises, meditations, lifestyle skills, rituals, gestures, and healing sounds. Each technique is presented in a way that is true to Bennett's background in the tradition of Viniyoga, which allows the reader to adapt the program to his or her specific needs.

**The Sacred-driven Couple** Steven L. Jordan Sr 2004-02-01 This book is addressed to everyone who desires to evolve and transcend the limits of human potential. It reveals the laws of the universe that are well-defined in the Yogic Philosophy; laws that are exposed here in a unique, succinct fashion by Caio Miranda. Liberation through Yoga is the result of a lifetime dedicated to the research of yoga. It becomes a landmark in our lives for it refines our vision of the world, opens a portal to a broader consciousness, and delivers teachings that awaken us to a richer, fuller life. These teachings are rare jewels, and the benefits they provide are invaluable, given the depth and clarity with which the author exposes complex subjects such as the formation of the universes and solar systems, as well as the origin and constitution of Man. The writing style reflects the authenticity of the author and his pledge to the truth and to what he believes to be morally just and correct. This work is his contribution to a deeper and more extensive understanding of life and the sense of existence itself.

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*Parents and Children: Relationships Born from Love: Inspired by the Wisdom of Yoga* Anna V. Shapiro 2017-12-29 Parents and children will be inspired to develop a true love for each other with the wisdom of yoga shared in this text. In *Parents and Children: Relationships Born from Love*, you'll learn meditation techniques to calm emotions, yoga postures that promote a healthier body, and ways people of all ages can use yoga to alleviate the harmful effects of a wide spectrum of physical and emotional conditions. "This is a clear, comprehensive, easy to understand and follow guidebook for creating happy, harmonious, loving family relationships. The book is written with such kindness and compassion, exactly the qualities the author hopes to awaken in her readers. This book could do immense good to help individuals and families find their way to the fulfillment of heart we all seek." - Nayaswami Asha, spiritual director of Ananda Palo Alto, CA; teacher; counselor; author. <http://www.nayaswamiasha.org>

**Contact Yoga** Tara Lynda Guber 2023-08-15 A Simon & Schuster eBook. Simon & Schuster has a great book for every reader.

**The Yoga of Relationships** Yogi Amrit Desai 2015-08-24 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.

*Emotion & Relationships (2 Books in 1)* Sadhguru 2018-01-01 Emotion “One can make any emotion into a creative force in one’s life.” - Sadhguru It’s not just poetic license that allows us to refer to emotions as “juicy”. In a literal sense also, emotions are a chemical cocktail that course through our bodies. But while we have no problems with pleasant emotions, unpleasant emotions are the source of much angst in our lives. In *Emotion: The Juice of Life*, Sadhguru looks at the gamut of human emotions and how to turn them into stepping stones rather than stumbling blocks. Relationships “If you enhance yourself into a very beautiful state, everyone will want to hold a relationship with you.” - Sadhguru Human beings constantly make and break relationships. Unfortunately, relationships can make and break human beings too. Why are relationships such a circus for most of us? What is this primal urge within us that demands a bond - physical, mental, or emotional - with another? And how do we keep this bond from turning into bondage? These are the fundamental questions that *Relationships: Bond or Bondage* looks at as Sadhguru shares with us the keys to forming lasting and joyful relationships, whether they are with husband or wife, family and friends, at work, or with the very existence itself. Sadhguru is a yogi and profound mystic of our times. An absolute clarity of perception places him in a unique space in not only matters spiritual but in business, environmental and international



affairs, and opens a new door on all that he touches.

**Advanced Spiritual Intimacy** Stuart Sovatsky 2014-05-14 A practical guide for both individuals and couples to transform sexual energy into spiritual and erotic fulfillment • Explains how to awaken advanced stages of sexual development for spiritual intimacy and deep erotic satisfaction • Includes illustrated instructions for exercises and techniques based on yoga, kundalini, breathing practices, mantra chanting, and chakra meditation • Explores how this practice can deepen a life partnership, enhance creativity, heal emotional scars, and awaken new understandings of gender Sexual development does not end in adolescence. There are advanced stages of glandular, emotional, and erotic development based in the lifelong “puberty of the spine.” Known in India as kundalini awakening, these stages form the energetic basis of all yoga forms and deeper erotic aspirations. They present an opportunity for couples and individuals to explore the consciousness-expanding abilities of sexual energy as both spirituality and sexuality transform into what Michel Foucault called *ars erotica*, far beyond the Freudian *scientia sexualis* sexuality of the Western world. Offering a guide to the advanced stages of human sexuality and a passionately infused tantric yoga practice, Stuart Sovatsky explains how to awaken the complete spinal puberty, resulting in spiritual intimacy and orgasmic pineal maturity that far surpasses the gratifications of modern sexuality. With illustrated instructions, he reveals flow-yoga asanas, mantras, and devotional breathing practices for solo kundalini yoga as well as couples’ yoga practices and chakra meditations to awaken the heart and the divinely eroticized mind. He shares inspiring stories from those on this path about ever-deepening life partnerships, enriched family life, enhanced personal creativity, profound new understandings of conception, masculinity, femininity, and gender itself as well as healing emotional scars of romantic breakups and sexual abuse. Sovatsky shows that by transcending conventional Western sexuality and returning to the *ars erotica* beliefs of ancient India, we can harness the divine energy--glimpsed for only an instant by most people--at the heart of all erotic yearning.

**Pop Culture Yoga** Kristen C Blinne 2020-01-31 Pop Culture Yoga: A Communication Remix was born out of a series of questions about the paradoxical nature of yoga: How do individuals and groups define yoga? What does it mean to "practice yoga", and what does this practice involve? What are some of the most important principles, guidelines, or philosophical tenets of yoga that shape people's definitions and practices? Who has the power and authority to define yoga? What are the limits, if any, of shared definitions of yoga? Kristen C. Blinne explores the myriad ways "yoga" is communicatively constructed and defined in and through popular culture in the United States. In doing so, Blinne offers insight into the many identity work processes in play in the construction of yoga categories, illuminating how individuals' and groups' words and actions represent practices of claiming--part of a complex communicative process centered around membership categorization--based on a range of authenticity discourses. Employing popular culture writing styles, Blinne ultimately contends that the majority of yoga styles practiced in the United States are remixes that can be classified as pop culture yoga, a distinct way of understanding this complex phenomenon.

*Patterns of Authority and Practice Relationships in "post-lineage Yoga"*. Theodora R. Wildcroft 2018

**The Yoga of Relationships** Isabella Viglietti-Swartz 2019-05-10 Our love relationships with others are contextualized by our relationship with our conditioning, our environments and the non-dual love that we are. IsabellaViglietti-Swartz, a teacher of non-dual wisdom, in this unique book examines the psycho-spiritual factors that cause relationships to succeed and fail, and offers an ancient common-sense path to a fulfilling relationship with ourselves and others.

## The Yoga Of Relationships

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