

El Silencio Habla Perenne Spanish Edition

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Gifts from Eykis

A Neotropical Companion is an extraordinarily readable introduction to the American tropics, the lands of Central and South America, their remarkable rainforests and other ecosystems, and the creatures that live there. It is the most comprehensive one-volume guide to the Neotropics available today. Widely praised in its first edition, it remains a book of unparalleled value to tourists, students, and scientists alike. This second edition has been substantially revised and expanded to incorporate the abundance of new scientific information that has been produced since it was first published in 1989. Major additions have been made to every chapter, and new chapters have been added on Neotropical ecosystems, human ecology, and the effects of deforestation. Biodiversity and its preservation are discussed throughout the book, and Neotropical evolution is described in detail. This new edition offers all new drawings and photographs, many of them in color. As enthusiastic readers of the first edition will attest, this is a charming book. Wearing his learning lightly and writing with ease and humor, John Kricher presents the complexities of tropical ecology as accessible and nonintimidating. Kricher is so thoroughly knowledgeable and the book is so complete in its coverage that general readers and ecotourists will not need any other book to help them identify and understand the plants and animals, from birds to bugs, that they will encounter in their travels to the New World tropics. At the same time, it will fascinate armchair travelers and students who may get no closer to the Neotropics than this engagingly written book.

A Man After God's Own Heart--A Devotional

Blind Sunflowers

Written in 1980, this novel by prize-winning Indian writer Mahasweta Devi, translated and introduced by Gayatri Chakravorty Spivak, is remarkable for the way in which it touches on vital issues that have in subsequent decades grown into matters of urgent social concern. Written by one of India's foremost novelists, and translated by an eminent cultural and critical theorist. Ranges over decades in the life of Chotti – the central character – in which India moves from colonial rule to independence, and then to the unrest of the 1970s. Traces the changes, some forced, some welcome, in the daily lives of a marginalized rural community. Raises questions about the place of the tribal on the map of national identity, land rights and human rights, the 'museumization' of 'ethnic' cultures, and the justifications of violent resistance as the last resort of a desperate people. Represents enlightening reading for students and scholars of postcolonial literature and postcolonial studies.

Cuadernos hispanoamericanos

Language and Poetry

In *Power, Freedom, and Grace*, Deepak Chopra considers the mystery of our existence and its significance in our eternal quest for happiness. Who am I? Where did I come from? Where do I go when I die? Chopra draws upon the ancient philosophy of Vedanta and the findings of modern science to help us understand and experience our true nature, which is a field of pure consciousness. When we understand our true nature, we begin to live from the source of lasting happiness, which is not mere happiness for this or that reason, but true inner joy. By knowing who we are, we no longer interfere with the innate intelligence of the cosmos. Instead, we allow the universe to flow through us with effortless ease, and our lives are infused with power, freedom, and grace. "This book captures the essence of all of my talks over the last 20 years. It is the distillation of almost everything I have taught up to now." — Deepak Chopra

Diario de las Sesiones de Cortes, Congreso de los Diputados

Memorias de ficción (pack)

Power, Freedom, and Grace

Bestselling inspirational author Wayne Dyer's classic parable, with a powerful message for achieving happiness here on Earth, now and forever. How would an intelligent visitor from another planet react to life on Earth? Would we welcome that visitor's presence and views? Are we ready for such an open exchange? Weaving together science fiction, spirituality, and philosophy with wisdom, humor, and plain common sense, Dyer tells the story of two peaceful beings from different worlds who work together to enhance the well-being of all. The gifts that Eykis, an alien traveling from a distant, Earth-like planet, brings to the people of Earth help them see themselves in a new light, and compel them to rethink their negative actions. Her insightful offerings will move you to new emotions, new behaviors, and a new understanding of humankind's limitless possibilities.

Atonement

"A captain in Franco's army renounces winning the war - on the very day of the victory; a young poet flees with his pregnant girlfriend and is forced to grow up quickly, only to die within a few months; a prisoner in Porlier's jail refuses to live a lie so that his executioner can be held accountable; and a lustful deacon hides his desires behind the apostolic fascism that clamours for the purifying blood of the defeated." "Four subtly connected tales, narrated in the same spirit but with the individual styles of the different voices; these are stories from silent times, when people feared that others might discover what they knew. The line between the victorious and the defeated is blurred - whatever one's affiliation, nobody survives unscathed."--BOOK JACKET.

Poems

For the first time ever, bestselling author Eckhart Tolle brings the core of his teachings to children, ages 7 to 100. Beautifully illustrated and artfully expressed, this charming story will bring joy to children and

their parents for decades to come. Milton, who is about eight years old, is experiencing bullying on the school playground at the hands of a boy named Carter. Because he is being picked on, Milton no longer enjoys going to school. In fact, he dreads each morning because of his fear of Carter. By discovering the difference between Then, When, and the Now, Milton is able to shed his fear of being bullied. Living in the Now, he no longer dreads encountering Carter--and this changes everything. Milton's Secret will not only appeal to the millions of adult readers of Tolle's other books, but also to any parent who wants to introduce their children to the core of Tolle's teachings: Living in the Now is the quickest path to ending fear and suffering.

Indice

An introduction to the nondenominational spiritual master author's transformative concepts explores such topics as the state of stillness, the pursuit of enlightenment, and the compulsions that shape conscious experiences. By the author of *The Power of Now*.

The Strange Case of Dr Jekyll and Mr Hyde

The #1 New York Times–bestselling author of *The Power of Positive Thinking* shows how to transform optimism and confidence into concrete, real-world results. There is a definite relationship between positive thinking and positive or good results. Norman Vincent Peale, one of the 20th century's most influential self-help experts and spiritual leaders, introduced his practical and effective techniques for happiness and success in his groundbreaking book, *The Power of Positive Thinking*. In *Why Some Positive Thinkers Get Powerful Results*, Dr. Peale goes deeper, providing the specific tools you need to turn self-doubt into unshakable confidence and optimistic dreams into tangible reality. Included in this essential guidebook to a better life are 10 powerful techniques for setting and realizing your goals, a 3-point plan for eliminating depression, 6 positive thoughts that will quash destructive habits and impulses, a 3-point guide to a healthy body, mind, and spirit, and much, much more. Dr. Peale will make you a believer, in your life and in yourself, with essential wisdom and practical applications designed to help you become a truly positive and fulfilled human being.

A Neotropical Companion

LA PRESA, published by Embajadoras Press, is a literary journal of poetry and short fiction, articles, essays, and other prose genres, in English and Spanish, by writers from Latin America, Canada, and the USA

Revista de la Universidad de Yucatán

Square is a mild-mannered inhabitant of Flatland who is conventional in every way until he is visited by an other-worldly creature: a Sphere. Square leaves two-dimensional Flatland to visit one-dimensional Lineland and Sphere's home, the three-dimensional Spaceland. Edwin Abbott's novella is both a satire of the rigid social structures of Victorian England and a mind-bending look at the mathematical possibilities of the world around us. For this second reason, Abbott's charming thought experiment is much loved by students and teachers of mathematics, physics and computer science.

The Clear Light

Memorias de ficción es un proyecto literario en el que César Antonio Molina, a partir de sus muchos viajes y lecturas, despliega, siempre con erudición, su capacidad para observar, evocar y reflexionar.

Hasta el momento este proyecto se compone de seis tomos: Vivir sin ser visto (2000), Regresar a donde no estuvimos (2003), Esperando a los años que no vuelven (2007), Lugares donde se calma el dolor (2009), Donde la eternidad envejece (2012) y Todo se arregla caminando (2016). Este pack contiene: Vivir sin ser visto: A mitad de vida, ¿qué sabe el hombre sobre sí mismo? Y aquello que él cree saber, ¿corresponde a lo que es? ¿Cómo hacer de lo vivido una ficción literaria y de la ficción del conocimiento crear una realidad? Este es un libro de relatos, una novela sin armar pero con todos los ingredientes perfectamente dispuestos para que el lector lo haga, un cuaderno de viajes literarios, un volumen lleno de sorpresas escrito desde la vigilia de la melancolía. Vivir sin ser visto es la confirmación de que cualquier historia no nos pertenece, sino que nosotros pertenecemos a ella. El autor nos hace cómplices de sus secretos, porque sólo tenemos derecho a llevarnos uno a la tumba. Regresar a donde no estuvimos: Entre la realidad y la ficción, entre lo vivido y lo soñado, entre la memoria y la vida, entre el recuerdo y el olvido, esta nueva entrega del singularísimo y no menos ambicioso proyecto literario que Cesar Antonio Molina empezó con Vivir sin ser visto (Ediciones Península, 2000) confirma el extraordinario talento del autor para estirar y transgredir los géneros canónicos de la literatura. En estas páginas, que tienen tanto de narrativa breve como de dietario, asistimos a la creación de un texto híbrido, unas memorias de ficción, que rinde cuentas sólo a la literatura. En él, las lecturas y las vivencias acumuladas a lo largo de una vida pletórica de presencias reales y relatos soñados suman una novela en marcha que se imanta en el lector un extraño y poderoso magnetismo del que es muy difícil sustraerse. Esperando a los años que no vuelven: Entre la realidad y la ficción, entre lo vivido y lo soñado, entre la memoria y el presente, se mueve esta nueva entrega del singularísimo proyecto literario que César Antonio Molina nos ha ido ofreciendo, en los últimos años, bajo la común denominación de Memorias de ficción: Vivir sin ser visto, Regresar a donde no estuvimos, Esperando a los años que no vuelven y otro cuarto tomo que se publicará próximamente, en esta misma colección, con el título de Lugares donde se calma el dolor. El autor viaja por todo el mundo posando su mirada en personajes anónimos o célebres, en paisajes naturales o urbanos, y atravesando épocas y «años que ya no vuelven, pero que seguimos esperando». El éxito literario y la vanagloria mundana, el sacerdocio de la poesía, Teixeira de Pascoaes y Pessoa, países y ciudades carcomidos por la historia como Budapest o Rumanía, la lujuria de Samuel Pepys, Buenos Aires revisitado, el mar visto por Coleridge, Turner y Victor Hugo, las múltiples fugas del mago Houdini y de José Balsamo «Cagliostro», Jean de Fécamp y el demonio, los «viajes por el cráneo» de Frigyes Karinthy, un paseo por el barrio judío de Amsterdam y la casa de Ana Frank, las tumbas vecinas del intransigente James Boswell y del farsante Macpherson, el estado de nuestro patrimonio y el olvido de Alejandro Sawa, el escaso hábito lector de los jóvenes y de algunos escritores renombrados, el filósofo Sloterdijk y el silencio, Rembrandt, Vermeer, Unamuno, Pushkin, Sebald, Dante, Marco Aurelio Un proyecto de gran erudición, rigor y elegancia expresiva con el que su autor se sitúa al margen de los géneros literarios para construir una voz narrativa capaz de observar y comprender unas veces con ironía y ternura, otras con entusiasmo y compasión, pero siempre con agudeza, el mundo que nos rodea. Un extraordinario empeño narrativo del poeta, profesor, ensayista y reconocido gestor cultural de nuestros días. Lugares donde se calma el dolor ¿Existen lugares donde estamos libres del dolor, lugares donde no nos puede alcanzar la muerte? Acercarnos a ellos es entrar en contacto con espacios donde el tiempo se detiene a la manera de una especie de limbo a salvo de todo. Puntos de la tierra donde dialogamos con nuestro pasado y los viejos maestros. A lo largo de la historia de la literatura muchos escritores en sus obras han hablado de la fascinación y magia de estos enclaves, a veces de una manera secreta. El autor de este libro los rastrea de una forma original y apasionante. La búsqueda se inicia en una de las zonas más bellas y míticas del mundo, la colina de Posillipo (el lugar que calma el dolor), frente a la bahía de Nápoles, junto a Cumas, donde desembarcó el Eneas de Virgilio, y el Averno. Luego continúa a lo largo de varios continentes. Donde la eternidad envejece: La esfinge teme al tiempo y el tiempo teme a la esfinge, dice un refrán en Egipto. Hay obras humanas que compiten en su eternidad con el propio tiempo. De algunas de ellas habla este libro. El autor ha viajado por todo el mundo a su encuentro, desde las ruinas de Roma a los colosos de Memnón en Egipto, desde los farallones de Capri a la biblioteca de Celso en la antigua Pérgamo, desde las puertas de las murallas

de Constantinopla a las Torres Gemelas de Nueva York, desde el ejército de terracota de Xi'an en China hasta la ciudad perdida de Shangri-la. Vencer al tiempo siempre fue un reto para el hombre de cualquier época. Y a veces lo ha logrado a través de las arquitecturas, las obras artísticas o los muchos y variados artificios inventados por su imaginación. Donde la eternidad envejece es una apasionada e inteligente invitación al viaje, a la lectura, al conocimiento y la contemplación sensual e intelectual.

Diario de sesiones de las Córtes constituyentes

Philip Yancey has a gift for articulating the knotty issues of faith. In this 25th Anniversary edition of *Disappointment with God*, Yancey poses three questions that Christians wonder but seldom ask aloud: Is God unfair? Is he silent? Is he hidden? This insightful and deeply personal book points to the odd disparity between our concept of God and the realities of life. Why, if God is so hungry for relationship with us, does he seem so distant? Why, if he cares for us, do bad things happen? What can we expect from him after all? Yancey answers these questions with clarity, richness, and biblical assurance. He takes us beyond the things that make for disillusionment to a deeper faith, a certitude of God's love, and a thirst to reach not just for what God gives, but for who he is. Included in this anniversary edition is a study guide with questions about these perplexing questions of faith that the author confronts.

Milton's Secret

From the winner of the Nobel Prize in Literature, here is the universally acclaimed novel—winner of the Booker Prize and the basis for an award-winning film. This is Kazuo Ishiguro's profoundly compelling portrait of Stevens, the perfect butler, and of his fading, insular world in post-World War II England. Stevens, at the end of three decades of service at Darlington Hall, spending a day on a country drive, embarks as well on a journey through the past in an effort to reassure himself that he has served humanity by serving the "great gentleman," Lord Darlington. But lurking in his memory are doubts about the true nature of Lord Darlington's "greatness," and much graver doubts about the nature of his own life.

The Shadow of the Wind

The Remains of the Day

Why Some Positive Thinkers Get Powerful Results

Lo que les dijo el licántropo

Growing as a man after God's own heart happens one step at a time. Bestselling author Jim George shares quick, focused devotions that will enable you to make every step count. You'll discover great advice for making forward progress in your spiritual growth staying strong when life gets tough managing your responsibilities with wisdom leading and loving your wife and children living with maximum impact in all you do Along the way you'll experience the satisfaction that comes from living as the kind of man God designed you to be.

Disappointment with God

THE POSTHUMOUS MASTERWORK FROM "ONE OF THE GREATEST AND MOST INFLUENTIAL MODERN WRITERS" (JAMES WOOD, THE NEW YORK TIMES BOOK REVIEW) Composed in the last years of Roberto Bolaño's life, 2666 was greeted across Europe and Latin America as his highest achievement, surpassing even his previous work in its strangeness, beauty, and scope. Its throng of unforgettable characters includes academics and convicts, an American sportswriter, an elusive German novelist, and a teenage student and her widowed, mentally unstable father. Their lives intersect in the urban sprawl of SantaTeresa—a fictional Juárez—on the U.S.-Mexico border, where hundreds of young factory workers, in the novel as in life, have disappeared.

Call Me by Your Name

Vol. 1 includes "Organization number," published Nov. 1917.

Guaranteed Solutions

Hispania

Translations (from both Galician and Spanish) of more than 100 poems by one of the outstanding poets of 19th-century Spain. De Castro's (1837-1885) poetry, often compared to that of Emily Dickinson, is characterized by an intimate lyricism, simple diction, and innovative prosody. Includes a critical introduction, notes to the translations, and two of the poet's own autobiographical prologues. Paper edition (unseen), \$16.95. Annotation(c) 2003 Book News, Inc., Portland, OR (booknews.com)

Gonzalo Torrente Ballester

As Eckhart Tolle has written, poetry "has been recognized since ancient times as a highly appropriate medium for the expression and transmission of spiritual truth." The Clear Light is Steve Taylor's latest contribution to this poetic tradition, offering short and powerful reflections as a guide to spiritual awakening and as experiential glimpses of the state of enlightenment itself. Taylor ranges widely, through subjects including "Making the Human Race Whole," "Freedom from the Past," and "The Reality of Connection," always in clear and simple language. Best of all, he reminds us of the choices we always have when life feels chaotic and overwhelming: empathy, acceptance, and love. Soothing but also challenging, Taylor's words continually affirm the profound bedrock of peace and even joy in the present that is always available. The book's eponymous reflection says it best: There is nothing that can't be undone no past injury that can't be healed no past mistake that can't be corrected in the clear light of the present. Reading this book is a transformational spiritual experience in itself.

Visionary Business

Spanish Literature

Flatland

Now a Major Motion Picture from Director Luca Guadagnino, Starring Armie Hammer and Timothée Chalamet, and Written by Three-Time Oscar™ Nominee James Ivory The Basis of the Oscar-Winning Best Adapted Screenplay A New York Times Bestseller A USA Today Bestseller A Los Angeles Times

Bestseller A Vulture Book Club Pick An Instant Classic and One of the Great Love Stories of Our Time Andre Aciman's *Call Me by Your Name* is the story of a sudden and powerful romance that blossoms between an adolescent boy and a summer guest at his parents' cliffside mansion on the Italian Riviera. Each is unprepared for the consequences of their attraction, when, during the restless summer weeks, unrelenting currents of obsession, fascination, and desire intensify their passion and test the charged ground between them. Recklessly, the two verge toward the one thing both fear they may never truly find again: total intimacy. It is an instant classic and one of the great love stories of our time. Winner of the Lambda Literary Award for Fiction A New York Times Notable Book of the Year • A Publishers Weekly and The Washington Post Best Book of the Year • A New York Magazine "Future Canon" Selection • A Chicago Tribune and Seattle Times (Michael Upchurch's) Favorite Favorite Book of the Year

La Presa Issue 9

From the Booker Prize winning author of *Amsterdam*, a brilliant new novel. On the hottest day of the summer of 1935, thirteen-year-old Briony Tallis sees her sister Cecilia strip off her clothes and plunge into the fountain in the garden of their country house. Watching her is Robbie Turner, son of the Tallis's cleaning lady, whose education has been subsidized by Cecilia's and Briony's father, and who, like Cecilia, has recently come down from Cambridge. By day's end, their lives will be changed – irrevocably. Robbie and Cecilia will have crossed a boundary they had not imagined at its start. And Briony will have witnessed mysteries, seen an unspeakable word, and committed a crime for which she will spend the rest of her life trying to atone... Brilliant and utterly enthralling in its depiction of love and war and class and childhood and England, *An Atonement* is a profound – and profoundly moving – exploration of shame and forgiveness, of atonement and of the possibility of absolution.

Eckhart Tolle's Findhorn Retreat

"Gabriel García Márquez meets Umberto Eco meets Jorge Luis Borges for a sprawling magic show."—The New York Times Book Review A New York Times Bestseller Barcelona, 1945: A city slowly heals in the aftermath of the Spanish Civil War, and Daniel, an antiquarian book dealer's son who mourns the loss of his mother, finds solace in a mysterious book entitled *The Shadow of the Wind*, by one Julián Carax. But when he sets out to find the author's other works, he makes a shocking discovery: someone has been systematically destroying every copy of every book Carax has written. In fact, Daniel may have the last of Carax's books in existence. Soon Daniel's seemingly innocent quest opens a door into one of Barcelona's darkest secrets--an epic story of murder, madness, and doomed love. "Anyone who enjoys novels that are scary, erotic, touching, tragic and thrilling should rush right out to the nearest bookstore and pick up *The Shadow of the Wind*. Really, you should."—Michael Dirda, The Washington Post "Wonderous masterful *The Shadow of the Wind* is ultimately a love letter to literature, intended for readers as passionate about storytelling as its young hero."—Entertainment Weekly (Editor's Choice) "One gorgeous read."—Stephen King

Journey to the Centre of the Earth

Presents author-selected inspirational passages from "A New Earth" enhanced by commissioned artwork.

Diario de sesiones de las Córtes constituyentes

Demonstrates the ways of ethical and socially responsible business by focusing on Eastern and Western

spirituality, simple kindness, mysticism, and market savvy

Chotti Munda and His Arrow

Poetry. Latino/Latina Studies. LGBTQIA Studies. Translated from the Spanish by Margaret Randall. "Here is the strength of poetry for the world. Is it possible this book exists? I cannot be the only one who realizes I have been waiting all my life to read Chely Lima! The poet driving their own body in the trunk through the vast vulnerable fields of becoming human the way they want to become human in an inflexible world. Many thanks to Margaret Randall for these beautiful translations of one of the most brilliant books in many years! Chely Lima is here! Everyone tell everyone!" --CA Conrad "These are poems of astonishing courage and compelling craft. Their language sizzles on the page. The poet's familiarity with history and his penchant for plumbing its most significant myths imbue these texts with a special richness. The myths come from the Greeks, Hindus, Germanic fairy tales, those drum beats brought to the New World by Africans during the ravages of the Middle Passage, and stories from indigenous America. Chely also creates some myths of his own. "These poems are also gender-transgressive, revealing a personal journey as painful as it has been liberating. And it is a complicated journey. We cannot say the poet is only a man or that he was once a woman; such binary notions are themselves being challenged here. Body parts and the uses to which they are assigned in our inadequate society are routed from their comfort zones, made to look at themselves in a succession of mirrors and confronted head on. Chely refuses to play by society's hypocritical rules--in his life or work." --translator Margaret Randall, from the introduction.

2666

From internationally bestselling author Santa Montefiore, whose books have sold more than six million copies worldwide, comes *The Secret Hours*, a new story in the sweeping generational saga, *The Deverill Trilogy*, about the sister who left the family's castle and never came back. Let the wind take me and the soft rain settle me into the Irish soil from where I came. And may my sins be forgiven. Faye Clayton is a dutiful wife and mother to three grown children. She's not given to flights of fancy, but when her mother passes away, she begins to dream of a strange, yet familiar, castle set on rolling hills of grass and heather. When Faye learns that her mother has requested her ashes be scattered on the hills above a place called Castle Deverill in Ireland, she is shocked but intrigued. Her mother never spoke fondly of her childhood on a farm in Ireland, so why in death would she want to return to a castle Faye has never heard of? Against her husband's wishes, Faye sets out for Ireland where she uncovers a heartbreaking story of love, prejudice, and lifelong secrets that have touched those closest to her. Spanning decades and continents, *The Secret Hours* is a poignant tale about the meaning of family, the power of forgiveness, and the ties we all have to the place we call home.

The Secret Hours

"A guided discovery for groups and individuals."

Awakening the Sacred Body

The marriage of philosophy and fiction in the first third of Spain's twentieth century was a fertile one. It produced some truly notable offspring -- novels that cross genre boundaries to find innovative forms, and treatises that fuse literature and philosophy in new ways. In her illuminating interdisciplinary study of Spanish fiction of the "Silver Age," Roberta Johnson places this important body of Spanish literature in context through a synthesis of social, literary, and philosophical history. Her examination of the work

of Miguel de Unamuno, Pio Baroja, Azorin, Ramon Perez de Ayala, Juan Ramon Jimenez, Gabriel Miro, Pedro Salinas, Rosa Chacel, and Benjamin Jarnes brings to light philosophical frictions and debates and opens new interpersonal and intertextual perspectives on many of the period's most canonical novels. Johnson reformulates the traditional discussion of generations and "isms" by viewing the period as an intergenerational complex in which writers with similar philosophical and personal interests constituted dynamic groupings that interacted and constantly defined and redefined one another. Current narratological theories, including those of Todorov, Genette, Bakhtin, and Martinez Bonati, assist in teasing out the intertextual maneuvers and philosophical conflicts embedded in the novels of the period, while the sociological and biographical material bridges the philosophical and literary analyses. The result, solidly grounded in original archival research, is a convincingly complete picture of Spain's intellectual world in the first thirty years of this century. *Crossfire* should revolutionize thinking about the Generation of '98 and the Generation of '14 by identifying the heterogeneous philosophical sources of each and the writers' reactions to them in fiction.

Oneness with All Life

Crossfire

Dr Jekyll is a well-respected, curious scientist who tries to separate his good characteristics from his evil impulses. Dr Jekyll uses science to explore his alter ego Mr Hyde and attempts to control Mr Hyde's evil urges, even as they grow in intensity.

Matthew 5-7

The power of the breath has been recognized for millennia as an integral part of health and well-being. In *Awakening the Sacred Body*, teacher Tenzin Wangyal Rinpoche makes accessible the ancient art of Tibetan breath and movement practices. In clear, easy-to-understand language, he outlines the theory and processes of two powerful meditations—the Nine Breathings of Purification and the Tsa Lung movements—that can help you change your relationship to yourself, to others, and to the world. The simple methods presented in *Awakening the Sacred Body* and in the accompanying online video focus on clearing and opening your energetic centers to allow the natural human qualities of love, compassion, joy, and equanimity to arise. When sadness releases, joy is able to arise. When anger releases, love becomes available. When prejudice releases, equanimity prevails. And when lack of kindness ceases, compassion is present. These practices, which focus the mind and breath together while performing specific body movements, will help you discover your inner wisdom and express your greatest potential.

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