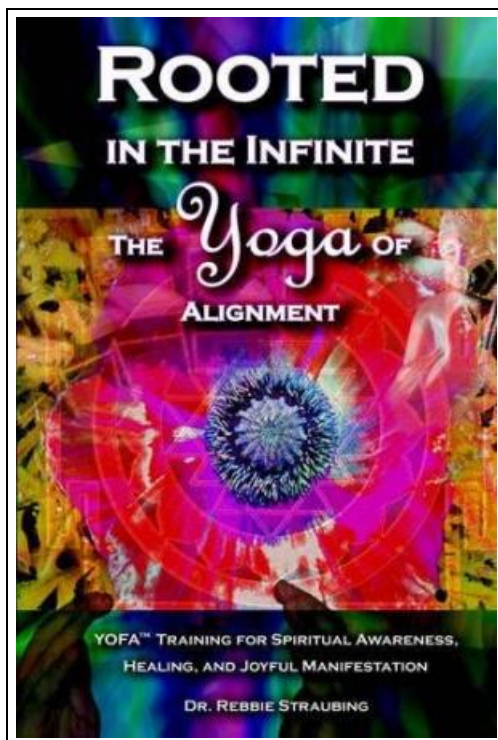


Rooted in the Infinite: The Yoga of Alignment (Paperback)



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ROOTED IN THE INFINITE: THE YOGA OF ALIGNMENT (PAPERBACK)



Yofa, United Kingdom, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This book is a compilation of direct experiences revealed in meditation over many years. Defined by the author as a mystical approach to alignment, Rooted in the Infinite offers a complete explanation and concrete exercises that enable readers to begin, continue, or enhance their meditative life for the purpose of unity with the Divine, creating the heart's desire in the physical, and cultivating a sense of balance in one's life. The novice may finally find a teaching that will prepare her for successful sitting. The hatha yoga practitioner can achieve great focus and alignment that will enhance his practice dramatically. Advanced meditators will find in this book the possibility of deepening of their practice. Cindy Saul, Publisher and Editor, phenomeNEWS Popular phenomeNEWS columnist Rebbie Straubing's first book is wonderful. In this easy-to-read and clearly written text, Straubing describes her system of YOFA, the yoga of alignment. She uses the analogy of a garden to describe the stages one goes through in reaching inner enlightenment, which leads to inner peace and healing. Her technique of using three points of connection, the X, Y and Z-axes which all intersect at the root of consciousness puts meditation into a framework that makes sense. And she includes the chakra system, combining them all together in a homogenous energetic mix of mind, body and soul connection that moves us into enhanced transcendent experience. The exercises at the end of the book compliment the information in the early chapters. Meditation is now something that everyone can align themselves with easily and effortlessly. Of course, being a big Abraham fan, I love her abundant use of their teachings throughout the book. They have obviously been a big influence..



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