

BOOK, CD & DVD

# Reviews

“ Outside of a dog, a book is a man's best friend. Inside of a dog it's too dark to read. ”

- Groucho Marx

## The Practice of the Yoga Sutra

SADHANA PADA



PANDIT RAJMANI TIGUNAIT, PHD

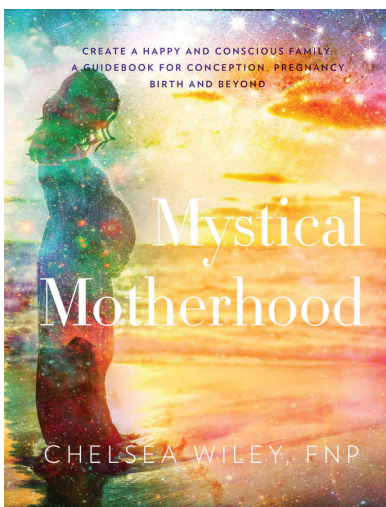
### THE PRACTICE OF THE YOGA SUTRA: SADHANA PADA

PANDITRAJMANI TIGUNAIT, PHD

Link to purchase: <https://shop.himalayaninstitute.org/>

The audiobook version of THE PRACTICE OF THE YOGA SUTRA is also available via Audible and via Amazon US.

In his long-awaited commentary on the second chapter of the Yoga Sutra, spiritual teacher Pandit Rajmani Tigunait shows us how to restore our inner beauty, vigor, and self-healing power through asana practice; use pranayama to remove the internal veil that hides the light of our being; collect the scattered forces of our mind, turn the mind inward, and become one with our pure being; follow a four-part plan to transcend pain and embrace lasting happiness.



### MYSTICAL MOTHERHOOD

CHELSEA ANN WILEY

Purchase: [www.amazon.com](http://www.amazon.com) or [www.mysticalmotherhood.com](http://www.mysticalmotherhood.com)

Inspired by consciousness shifting traditions, and her background in birth and medicine, Chelsea Wiley will take you by the hand to help you find personal enlightenment and create conscious children as you embark on your transformational journey to becoming a mother.

Mystical Motherhood is a coffee table style art book which is packed with tips, exercises and step-by-step instructions on how to live a more fulfilled and happy life. Get a fresh take on ancient knowledge from the Kundalini Yoga heritage with 20 illustrated drawings, which guide you through integrating meditation into your life. Active mental and writing exercises will set you on the path to awaken the true potential within yourself and family.



## LIVING THE DREAM IS...

LOUISE HUGHES

Purchase: [www.booktopia.com.au](http://www.booktopia.com.au), [www.amazon.com](http://www.amazon.com)

Written from over a decade's intense practice and research into the alternative medicine, including Reiki, 'Living The Dream Is...' has a bold mandate to help all readers create the world they have always dreamed of, carve out unmissable targets for success and find true peace and happiness in every single moment. Every step is easily and instantly actionable, making Hughes' volume one of the market's few truly holistic and comprehensive guides to a better life. One critic recently wrote, "In a short space of time I have seen the most profound changes occur" and "I am 100% confident that I am at the start of an already amazing journey to the life I deserve."



## HERE IN HEAVEN DONNA DE LORY

For more information,  
 visit [www.donnadelory.com](http://www.donnadelory.com)

Hailed as one of the reigning queens of devotional music, Donna De Lory toured the world as Madonna's back-up singer and dancer for two decades before striking out on her own. 'Here in Heaven' blends world, pop, and new age grooves with her original lyrics, which celebrate yogic themes: love is eternal; body, mind, and spirit are one; and "heaven" is right here, right now. A heart-soaring soundtrack for yoga, meditation, and an inspired life.

## EN.LIGHT.EN.MENT

CARSTEN BURMEISTER

Purchase: Sold online on website : [www.lulu.com](http://www.lulu.com)

The latest edition of his living book of essays, "en. light.en.ment". In the book, Burmeister presents a thoughtful collection of 150 short articles that extrapolate upon words or concepts associated with cultural, political, spiritual, philosophical, and religious subjects. Tapping into current events and modern discourse, Burmeister's book unravels a societal tapestry that challenges readers to reflect on their own belief systems, question the status quo and engage in informed, free-thinking dialogue with others.

### en.light.en.ment

1. the movement emphasizing reason rather than myth
2. a condition equating acceptance and detachment
3. the state of having insight into the true nature of things

#### a panharmonicon\* of 150 essays

*from Reality Hunger, a manifesto by David Shields*  
*Realist Hunger* is to 1950's Ralph Waldo Emerson what the new literature he called "a German" was to Johann Miltel, visited America with a "panharmonicon" as organ without keys. He would crank us every three times, step out to the side and the machine would spit out an entire orchestra's worth of actual flutes, drums, trumpets, xylophone, trombones, a triangle, clarinets, violins.

CARSTEN BURMEISTER

## THE POWER OF EGO: MASTER YOUR LIFE!

RÉMI MEYER

Purchase: [www.amazon.co.uk](http://www.amazon.co.uk)

Following a childhood marred by abuse, Rémi Meyer has thrived as a victor, a master of psychology fundamentals and now author of 'The Power of Ego: Master Your Life!' Guiding readers through a life-changing journey of looking inward and maximising their internal happiness, Meyer will help anyone revel in a new life full of joy, balance and understanding. One critic recently wrote, "This book helps you look at your life in a new perspective to increase your awareness and knowledge of the self. It would open your mind beyond your identity and explain how the ego works."

