



Heart Yoga: The Sacred Marriage of Yoga and Mysticism

Andrew Harvey, Karuna Erickson

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***WINNER, 2010 *Spirituality & Practice* Best Spiritual Book Award – Yoga

In *Heart Yoga*, renowned spiritual writer and Sacred Activist Andrew Harvey and longtime yoga teacher Karuna Erickson present a vision of hatha yoga practice that links ancient spiritual traditions to contemporary life. Including excerpts of poetic sacred writing from mystical sages through the ages, the book reminds readers that the purpose of yoga is not to improve one's physical health or even to achieve peace of mind (although these results may be achieved along the way), but to reach a state of unity with the divine, the goal of mystics from all traditions. With detailed descriptions and photographs of fifty yoga poses and their alchemical effects on the body and consciousness, *Heart Yoga* presents yoga as a simple meditative practice that enables the practitioner to dwell in the heart and experience the bliss of union with the sacred power underlying all of life. The book explains how to prepare for Heart Yoga and describes the “Five Great Joys” that are part of the path. Included are the authors' own compelling stories of their individual journeys along the path of yoga: stories of suffering, transcendence, and joy that both inspire and enlighten.

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