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KEY=OF - JAMARCUS TYRONE

TANTRA

PATH OF ECSTASY

Shambhala Publications Tantra—often associated with Kundalini Yoga—is a fundamental dimension of Hinduism, emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality. Tantra: The Path of Ecstasy dispels many common misconceptions, providing an accessible introduction to the history, philosophy, and practice of this extraordinary spiritual tradition. The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are present not only in Hinduism but also Jainism and Vajrayana Buddhism. In this book, Georg Feuerstein offers readers a clear understanding of authentic Tantra, as well as appropriate guidance for spiritual practice and the attainment of higher consciousness.

YOGA

THE TECHNOLOGY OF ECSTASY

TarcherPerigee

THE PSYCHOLOGY OF YOGA

INTEGRATING EASTERN AND WESTERN APPROACHES FOR UNDERSTANDING THE MIND

Shambhala Publications "Psychoanalysis itself and the lines of thought to which it gives rise," said C. G. Jung, "are only a beginner's attempt compared to what is an immemorial art in the East"—by which he was referring to the millennia-old study of the mind found in Yoga. That tradition was hardly known in the West when the discipline of psychology arose in the nineteenth century, but with the passing of time the common ground between Yoga and psychology has become ever more apparent. Georg Feuerstein here uses a modern psychological perspective to explore the ways Hindu, Buddhist, and Jaina yogas have traditionally regarded the mind and how it works—and shows how that understanding can enhance modern psychology in both theory and practice.

DANCING CONFLICTS, UNFOLDING PEACES

MOVEMENT AS METHOD TO ELICIT CONFLICT TRANSFORMATION

Springer Nature This book explores the potential of movement as a means of eliciting conflict transformation and unfolding peace at the intrapersonal and relational levels. It examines how peace and dance have been related in different cultures and investigates embodied ways to creatively tap the energies of conflicts, inspiring possibilities of transformation and new dynamics in relationships. Drawing on Wolfgang Dietrich's Many Peaces theory, the book discusses how different expressions of dance have been connected to different interpretations of peace and strategies for transformation. Delving into elicitive approaches to conflict transformation, the book develops an innovative framework for applying movement as an elicitive method, which it vividly presents through the author's own experiences and interviews with participants in workshops. Given its scope, the book will appeal to scholars, practitioners and artists working at the nexus of peace, conflict transformation and the arts.

THE PHILOSOPHY OF CLASSICAL YOGA

Inner Traditions / Bear & Co A widely respected yoga scholar offers the first comprehensive study of the philosophical concepts of classical yoga, based on the Yoga Sutra of Patanjali.

IN SEARCH OF THE CRADLE OF CIVILIZATION

NEW LIGHT ON ANCIENT INDIA

Motilal Banarsidass Publ. For decades, schoolbooks have taught that Sumer was the cradle of civilization. Conventional scholarship has also held that Aryan civilization came to India by way of invasions from the north. But in this ground-breaking book, three renowned scholars show that there was no "Aryan invasion," and that India, not Sumer, was the cradle of civilized humanity. Through exploring the rich symbols, metaphors, and myths of the Vedas, this book also examines the wealth of India's spirituality and its relevance for today's world.

THE ROUGH GUIDE TO NEPAL (TRAVEL GUIDE EBOOK)

Apa Publications (UK) Limited Discover this fascinating country with the most incisive and entertaining guidebook on the market. Whether you plan to wander through Krakow's magnificent medieval Old Town, hike in the Tatra Mountains or relax on the Baltic coast, The Rough Guide to Poland will show you the ideal places to sleep, eat, drink, shop and visit along the way. - Independent, trusted reviews written with Rough Guides' trademark blend of humour, honesty and insight, to help you get the most out of your visit, with options to suit every budget. - Full-colour maps throughout - navigate the cobbled alleys of Lublin or Warsaw's New Town without needing to get online. - Stunning images - a rich collection of inspiring colour photography. - Things not to miss - Rough Guides' rundown of Poland's best sights and experiences. - Itineraries - carefully planned routes to help you organize your trip. - Detailed regional coverage - whether off the beaten track or in more mainstream tourist destinations, this travel guide has in-depth practical advice for every step of the way. - Areas covered include: Warsaw, Mazovia and Łódź, the Bay of Gdansk and the Wisla Delta, Torun, Mazuria and Podlasie, Lublin, Zamosc, the Polish Carpathians, Kraków and Malopolska, the Tatras and the Pieniny, Upper Silesia, Wroclaw and Lower Silesia, Wielkopolska, Pomerania. - Attractions include: the Mazurian Lakes; wooden churches near Zakopane; Auschwitz-Birkenau; Malbork Castle; Kazimierz Dolny; Slowinski national park; Wieliczka Salt Mine; Bialowieza national park; Bieszczady national park; Rynek Główny, Kraków, and much more. - Basics - essential pre-departure practical information including getting there, local transport, accommodation, food and drink, health, the media, festivals, sports and outdoor activities and more. - Background information - a Contexts chapter devoted to history, books, music and film, plus a handy language section and glossary. Make the Most of Your Time on Earth with The Rough Guide to Poland

SACRED SEXUALITY

LIVING THE VISION OF THE EROTIC SPIRIT

Tarcher Based on a vast diversity of religious and spiritual traditions, this comprehensive exploration of sexuality's spiritual dimensions uncovers deeply hidden messages about sexuality and shows how to incorporate the concepts of Hinduism, Christianity, Judasim, and other philosophies into our lives. Illustrated.

THE DEEPER DIMENSION OF YOGA

THEORY AND PRACTICE

Shambhala Publications "Here is a comprehensive survey of the full breadth and depth of the 5,000-year-old Yoga tradition, emphasizing its potent philosophy and spiritual vision. Georg Feuerstein demonstrates that Yoga is much more than a system of physical exercises—it is a profound path of self-transformation that encompasses a range of teachings, practices, and sacred texts that can help us cultivate wisdom, balance, and inner freedom, as well as physical health. Feuerstein is one of the few Western scholar-teachers of Yoga whose writing and teaching penetrate the full richness and depth of this ancient tradition. Here he offers a collection of essays touching on all facets of the discipline. Topics include: • The different branches and styles of Yoga • The ethical teachings of Yoga • Yoga and vegetarianism • Meditation and mantras • Choosing a teacher • Tantric Yoga • The experience of ecstasy

THE ENCYCLOPEDIA OF YOGA AND TANTRA

Shambhala Publications The ever-increasing popularity of Yoga and related practices makes a desktop reference like this indispensable. With over twenty-five hundred entries and extensive illustrations, it combines comprehensiveness with accessibility. The book is arranged and written in a manner that will inform rather than overwhelm the lay reader, while at the same time offering valuable references for the professional researcher and the historian of religion. This new edition includes information about contemporary Yoga teachers. It also provides fuller descriptions and illustrations of Yoga poses, and features additional cross references.

TANTRA YOGA SECRETS

EIGHTEEN TRANSFORMATIONAL LESSONS TO SERENITY, RADIANCE, AND BLISS

Weiser Books The practice of Tantra Yoga is considered to be the highest and most rapid path to enlightenment. Master teacher Mukunda Stiles offers 18 lessons in Tantra Yoga, a practice of transformational self-healing in which we can deepen awareness of our bodies, their energy forces, and the connections to the natural world around you and those you love. While many movements today describe tantra as a sexual practice promising longer and better orgasms, increased stamina, and ecstasy, the real Tantra aims to awaken Kundalini, the dormant potential force in the human personality. The Tantra tradition includes a vast range of practical teachings leading to the expansion of human consciousness and the liberation of primal energy. By heightening their awareness to this connective energy, readers will learn to embrace and develop a higher level of intimacy, the heart of tantra. Stiles explains this intimate and life-changing practice with grace, structure, and clarity--an easy-to-follow Tantra Yoga workshop in book form. Tantra Yoga Secrets will empower readers to overcome emotions, gain new knowledge, and live a more fulfilling spiritual lifestyle.

SACRED SEXUALITY

THE EROTIC SPIRIT IN THE WORLD'S GREAT RELIGIONS

Simon and Schuster A historical, cross-cultural survey of sexuality as a sacred spiritual practice • Examines sacred sexuality in the world's religious and mystery traditions • Explores contemporary "sexual stress syndrome" resulting from the absence of the sacred in sexual practice • Reveals how to find the sacred in the ordinary This book examines the history of sexuality as a sacramental act. In

spite of our culture's recent sexual liberalizations, sexual intimacy often remains unfulfilling. Georg Feuerstein instructs that the fulfillment we long for in our sex lives can only be attained once we have explored the spiritual depths of our erotic natures. Feuerstein delves into a wide variety of spiritual traditions--including Christianity, Judaism, goddess worship, Taoism, and Hinduism--in search of sacred truths regarding sexuality. He reveals that all of these great teachings share the hidden message that spirituality is, in essence, erotic and that sexuality is inherently spiritual. From the erotic cult of the Great Mother and the archaic ritual of hieros gamos (sacred marriage) to the institution of sacred prostitution and the erotic spirituality practiced in the mystery traditions, Feuerstein offers a wealth of historical practices and perspectives that serve as the bases for a positive sexual spirituality suited to our contemporary needs.

THE YOGA OF POWER

TANTRA, SHAKTI, AND THE SECRET WAY

Simon and Schuster Drawing from original texts on self-mastery, Evola discusses two Hindu movements--Tantrism and Shaktism--which emphasize a path of action to gain power over energies latent within the body.

ENCYCLOPEDIA OF YOGA

Paragon House Publishers Entries provide detailed explanations of basic yoga concepts, identify important teachers, and include information on the history of yoga

LLEWELLYN'S COMPLETE BOOK OF CHAKRAS

YOUR DEFINITIVE SOURCE OF ENERGY CENTER KNOWLEDGE FOR HEALTH, HAPPINESS, AND SPIRITUAL EVOLUTION

Llewellyn Worldwide The Ultimate Guide to Chakras and Energy Systems As powerful centers of subtle energy, the chakras have fascinated humanity for thousands of years. Llewellyn's Complete Book of Chakras is a unique and empowering resource that provides comprehensive insights into these foundational sources of vitality and strength. Discover what chakras and chakra systems are, how to work with them for personal growth and healing, and the ways our understanding of chakras has transformed throughout time and across cultures. Lively and accessible, this definitive reference explores the science, history, practices, and structures of our subtle energy. With an abundance of illustrations and a wealth of practical exercises, Cyndi Dale shows you how to use chakras for improving wellness, attracting what you need, obtaining guidance, and expanding your consciousness. Praise: "In one thoroughly researched and beautifully written book you can learn...what it took ancient seekers a lifetime to uncover."—Steven A. Ross, PhD, CEO of the World Research Foundation and author of *And Nothing Happened...But You Can Make It Happen* "A shining constellation of timeless wisdom and brilliant insights on chakras. This groundbreaking book is an essential conduit to whole-self healing."—Dr. Deanna Minich, founder of Food & Spirit "Expertly researched, well written, and easy to understand. The go-to guide for understanding subtle energy systems."—Madisyn Taylor, bestselling author and editor-in-chief of DailyOM "Cyndi's exploration of cross-cultural systems is stunningly complete...Very impressive."—Margaret Ann Lembo, author of *Chakra Awakening*

YANTRA MANTRA TANTRA AND OCCULT SCIENCES

Diamond Pocket Books Pvt Ltd There is hardly any person who is either not conversant with or not heard about occult sciences of which Yantra, Mantra, Tantra and not heard about occult sciences of which Yantra, Mantra, Tantra and forces are simply tributaries. Hindus, Jains, Muslims, ascetics, peers have written a lot about such sciences but only a selected few know how to use such devices ably and safely. The learned author has given detailed account on use, caution, warnings and methods for using such devices which are meant for relieving or causing agony/harm to a targeted person. The author has furnished relevant details about Yantra, Mantra and Tantra, black magic, sorcery etc. Hopefully, the right information will satiate urge of inquisitive readers, for some of whom it may be a new subject.

THE YOGA TRADITION

ITS HISTORY, LITERATURE, PHILOSOPHY, AND PRACTICE

"From the foremost living authority on Yoga comes the most comprehensive and reliable treatment of the subject available today. This is a work of impeccable scholarship by a person who has dedicated his life to the understanding and practice of yoga. The book offers a complete overview of every Yogic tradition, from the familiar to the lesser-known forms. It also covers all aspects of Hindu, Buddhist and Jaina Yoga, including history, philosophy, literature, psychology and practice. In addition, included are * translations of twenty Yoga treatises * the first translation of the Goraksha Paddhati" - Publisher.

TANTRA

SEX, SECRECY, POLITICS, AND POWER IN THE STUDY OF RELIGION

Motilal Banarsidass Publishe Bhadriraju Krishnamurti (1928) is Professor and Head of the department of Linguistics at Osmania University, Hyderabad. He received a B.A. (Hons.) Degree (1948) in Telugu language and literature at Andhra University Waltair and an M.A. (1955) and Ph.D. (1957) in linguistics from the university of Pennsylvania U.S.A.

STRUCTURES OF CONSCIOUSNESS

THE GENIUS OF JEAN GEBSER-- AN INTRODUCTION AND CRITIQUE

Integral Pub

TANTRA

CULT OF THE FEMININE

Weiser Books Known only for the virtues of its sexual practice, ancient Tantric ideology is a universal and wide-reaching ideology virtually ignored in the West. In *Tantra: The Cult of the Feminine*, one of Europe's foremost Tantric authors and teachers, Andre Van Lysebeth, gives readers a balanced, well-informed, modern examination of the secret teachings and symbolism of Tantra. Espousing no dogma, Tantra involves a search for reality that contradicts neither science nor religion. For Tantra, all of the myriad energy forms in the universe -- gravity, nuclear cohesion, electromagnetism -- exist throughout the cosmos. "Scientifically speaking, the universe is a gigantic continuum ranging from sub-atomic to astronomical dimensions. Tantrists have perceived this unity for over thirty-five centuries," points out van Lysebeth in his introduction. Originally published in 1992, *Tantra* has become the classic text on the subject, the source for serious students. Eight full-color illustrations and 36 line drawings complement a comprehensive and contemporary explanation of Tantra, complete with meditations. Andre does a remarkable job of bringing ancient theories into the modern world.

THE PATH OF YOGA

AN ESSENTIAL GUIDE TO ITS PRINCIPLES AND PRACTICES

Shambhala Publications This overview of the essentials of Yoga is meant to both broaden and deepen the understanding of beginning students. It covers all the basic elements of this ancient discipline and philosophy of India—including Yoga poses, diet, breath control, meditation, mantras, Kundalini energy, and more. It also includes newly translated excerpts from the scriptures and pays special attention to branches of Yoga, such as Tantra, that are of great interest to Western students but are frequently misunderstood.

PRACTICAL TANTRA

Lulu.com Though often associated with sexual practices, traditional Hindu Tantra presents a body of sophisticated psycho-physical techniques for attaining enlightenment. The tradition is often perplexing to the uninitiated due to Tantra's use of metaphors that serve to keep the teachings secret from outsiders. The author reveals the secrets and hidden meanings of important Tantric symbols and distills 50 years of practice and teaching into a form accessible to readers new to the tradition. Drawing on his own experience, the author presents a demystified and simplified version of Tantric practices that any sincere spiritual aspirant East or West can actually do.

THE SHAMBHALA ENCYCLOPEDIA OF YOGA

Shambhala Publications Here is an authentic portrayal of a rich and complex spiritual tradition of India. The over two thousand entries cover Yoga's history, its many approaches, schools, teachers, scriptures, as well as its technical terminology. The book is arranged and written in a manner that will inform rather than overwhelm the lay reader, while at the same time offering valuable references for the professional researcher and the historian of religion. The *Shambhala Encyclopedia of Yoga* offers the following features: • Each entry has cross-references providing pertinent conceptual links • Entries are in English alphabetical order, unlike comparable reference works that follow Sanskrit alphabetical order, which is difficult for the lay reader to follow • Orientational entries provide an overview of central aspects of the Yoga tradition, such as history, psychology, and major branches • Many entries cite or even quote original sources, shedding light on how a given term is used by traditional Yoga authorities

THE THREE DANGEROUS MAGI

OSHO, GURDJIEFF, CROWLEY

John Hunt Publishing *The Most Dangerous man since Jesus Christ, the Sex Guru, the Ambassador from Hell, the Black Devil of Ashkhabad, The King of Depravity, and the Wickedest Man in the World.* These were some of the labels given to three of the most notorious figures of 20th century spirituality: Osho (formerly known as Bhagwan Shree Rajneesh), G.I. Gurdjieff, and Aleister Crowley. Beneath the controversies and scandals that swirled around all three the author argues that these men, egocentric tendencies notwithstanding, were brilliant thinkers and extraordinary masters of their craft, that of the science of inner transformation, and in particular the art of balancing the so called Left and Right Hand spiritual paths. These men were not humble sages. They were bona fide crazy wisdom masters and consistently went where angels fear to tread. They did not teach with the faint praise of new age fluff or the stuffy platitudes of religious sermons, but rather with a flaming sword, and were a genuine menace to all seekers who fear to face the abyss of their own egos.

THREE DANGEROUS MAGI: OSHO GURDJIEFF CR

John Hunt Publishing *The Three Dangerous Magi* reveals scandal, mayhem, death, sex, drugs, ecstasy, enlightenment, in the lives of the three most notorious sages of the 20th century. Use their story for personal transformation.

EASY DEATH

TALKS AND ESSAYS ON THE INHERENT AND ULTIMATE TRANSCENDENCE OF DEATH AND EVERYTHING ELSE

CAPITALISM'S ACHILLES HEEL

DIRTY MONEY AND HOW TO RENEW THE FREE-MARKET SYSTEM

John Wiley & Sons For over forty years in more than sixty countries, Raymond Baker has witnessed the free-market system operating illicitly and corruptly, with devastating consequences. In *Capitalism's Achilles Heel*, Baker takes readers on a fascinating journey through the global free-market system and reveals how dirty money, poverty, and inequality are inextricably intertwined. Readers will discover how small illicit transactions lead to massive illegalities and how staggering global income disparities are worsened by the illegalities that permeate international capitalism. Drawing on his experiences, Baker shows how Western banks and businesses use secret transactions and ignore laws while handling some \$1 trillion in illicit proceeds each year. He also illustrates how businesspeople, criminals, and kleptocrats perfect the same techniques to shift funds and how these tactics negatively affect individuals, institutions, and countries.

YOGA FOR DUMMIES

John Wiley & Sons Learn the safe and easy way to benefit from the practice of yoga, as you design and follow your own personal program.

HOLY MADNESS

THE SHOCK TACTICS AND RADICAL TEACHINGS OF CRAZY-WISE ADEPTS, HOLY FOOLS, AND RASCAL GURUS

Universal Sales & Marketing Discusses the "crazy wisdom" of adepts, spiritual teachers, and gurus from all of the world's ancient spiritual traditions and explores the relationship between radical teachers and their disciples

SOMA IN YOGA AND AYURVEDA

THE POWER OF REJUVENATION AND IMMORTALITY

Lotus Press *Soma in Yoga & Ayurveda* cracks the secret code of "Soma" and de-mystifies the myth and logic about its practical application. Dr. Frawley has clearly outlined that the real fountain of Soma is well within you and tapping into that nourishment will make your life enlightened and blissful.

THE SUBTLE ENERGY BODY

THE COMPLETE GUIDE

Simon and Schuster A global study of the psychospiritual body and its central role in the esoteric and spiritual traditions of the world • Explains the nature, purpose, and functions of the subtle body • Explores the role of the subtle body in such traditions as Alchemy, Ayurveda, Tantra, Qi Gong, and Yoga • Shows how the various layers of the subtle body provide a map for various levels of consciousness Ancient traditions of both the East and West have long maintained that the human being is a complex of material and nonmaterial systems, or energy bodies. The "subtle body" is an energetic, psychospiritual entity of several layers of increasing subtlety and metaphysical significance through which the aspirant seeks knowledge of the self and the nature of God. In many traditions, the component parts of the subtle body serve as a map of the different levels of consciousness. The practices and disciplines that evolved from an awareness and understanding of the subtle body, and how the material and nonmaterial work together, form a coherent system of psychospiritual transformation that is central to numerous and extremely diverse spiritual practices--including those of the Gnostics, Sufis, Native Americans, Vedic seers, Chinese, and Greeks. The subtle body plays an essential part in more recent traditions such as Anthroposophy and Gurdjieff's Fourth Way and the cutting-edge science of Ervin Laszlo's research into the Akashic field. But the benefits of understanding the role of the subtle energy body are not confined solely to the spiritual plane. The energetic bodies provide a coherent system of life-affirming principles and practices for the diagnosis and treatment of the whole person that is not only part of many traditional healing systems, such as Acupuncture and Ayurveda, but also is forming the basis for a synthesis of traditional and contemporary healing practices that could lay the foundation for the medicine of the future.

TANTRA, YOGA OF ECSTASY: THE SADHAKA'S GUIDE TO KUNDALININ AND THE LEFT-HAND PATH

Maithuna Publications

TANTRA ILLUMINATED

THE PHILOSOPHY, HISTORY, AND PRACTICE OF A TIMELESS TRADITION

This book takes readers on a fascinating journey to the very heart of Tantra: its key teachings, foundational lineages, and transformative practices. Since the West's discovery of Tantra 100 years ago, there has been considerable fascination, speculation, and more than a little misinformation about this spiritual movement. Now, for the first time in the English language, *Tantra Illuminated* presents an accessible introduction to this sacred tradition that began 1,500 years ago, in the far north of India. The book uses translations from primary Sanskrit sources, offers a profound look at spiritual practice, and reveals Tantra's rich history and powerful teachings.

KISS OF THE YOGINI

"TANTRIC SEX" IN ITS SOUTH ASIAN CONTEXTS

University of Chicago Press For those who wonder what relation actual Tantric practices bear to the "Tantric sex" currently being marketed so successfully in the West, David Gordon White has a simple answer: there is none. Sweeping away centuries of misunderstandings and misrepresentations, White returns to original texts, images, and ritual practices to reconstruct the history of South Asian Tantra from the medieval period to the present day. *Kiss of the Yogini* focuses on what White identifies as the sole truly distinctive feature of South Asian Tantra: sexualized ritual practices, especially as expressed in the medieval Kaula rites. Such practices centered on the exchange of powerful, transformative sexual fluids between male practitioners and wild female bird and animal spirits known as Yoginis. It was only by "drinking" the sexual fluids of the Yoginis that men could enter the family of the supreme godhead and thereby obtain supernatural powers and transform themselves into gods. By focusing on sexual rituals, White resituates South Asian Tantra, in its precolonial form, at the center of religious, social, and political life, arguing that Tantra was the mainstream, and that in many ways it continues to influence contemporary Hinduism, even if reformist misunderstandings relegate it to a marginal position. *Kiss of the Yogini* contains White's own translations from over a dozen Tantras that have never before been translated into any European language. It will prove to be the definitive work for persons seeking to understand Tantra and the crucial role it has played in South Asian history, society, culture, and religion.

THE SCIENCE OF YOGA

THE RISKS AND THE REWARDS

Simon and Schuster Examines the health claims of modern yoga, drawing on scientific and cultural research to offer advice on how to recognize authentic yoga practice and gain actual benefits.

AWAKENING EARTH

EXPLORING THE EVOLUTION OF HUMAN CULTURE AND CONSCIOUSNESS

William Morrow & Company Balances science with spirituality in a study of human evolution, from the appearance of reflective consciousness to modern communications, and proposes three additional stages to be realized

HOLY MADNESS

SPIRITUALITY, CRAZY-WISE TEACHERS, AND ENLIGHTENMENT

This book explores the religious phenomenon referred to as crazy wisdom -- the purposefully outrageous, convention destroying behaviour of spiritual adepts in every great tradition, from Christian Fools for Christ through the Sufi Path of Blame, to the charismatic leaders of new religions. The author explores the core of the spiritual process through eight critical in-depth cameos of holy madness in action in the lives of eight contemporaries, including Chgyam Trungpa, Bhagwan Rajneesh and Aleister Crowley. This revised and expanded edition includes a new assessment of the American guru Adi Da (formerly Da Free John) and the psychopathology of blind faith, using the example of Shoko Asahara (founder of Japan's infamous terrorist sect AUM). The author offers guidelines for choosing a wise, enlightened guide or guru, and tips for avoiding the exploitative.

EMBODIED LITURGY

LESSONS IN CHRISTIAN RITUAL

Augsburg Fortress Publishers Embodied Liturgy marks a "return to the body" in thinking about Christian liturgy and sacramental practice. Rooted in phenomenology and incarnational theology, the book gives primary focus to the body as it considers the prayer offices and the liturgical calendar, sacrifices and sacraments, initiation and vestments, ritual theory and play, word and meal, fasting and feasting, penance and celebration, rites of passage, cultural perspectives, and the role of art, music, dance, and drama in worship. The author invites readers to return to the experience of their own body through guided yogic exercises. As a text for students and liturgical practitioners, the volume gives fresh voice to the experience and practice of worship as bodily acts. Embodied Liturgy is a dynamic, accessible new resource in liturgical and sacramental theology from one of the premiere scholars in the field. Frank C. Senn distills an established legacy of expertise in an innovative and inviting perspective on bodily acts of worship.

THE COMPLETE GUIDE TO YIN YOGA

THE PHILOSOPHY AND PRACTICE OF YIN YOGA

This second edition of this bestseller provides an in-depth look at the philosophy and practice of Yin Yoga with illustrated how-to sections, including detailed descriptions and photographs of more than 30 asanas.

THE KIBBUTZ

AWAKENING FROM UTOPIA

Rowman & Littlefield Focusing on the human story, journalist Daniel Gavron movingly portrays the fears, regrets and hopes of members of kibbutzim ranging from traditional to modern and agricultural to urban.