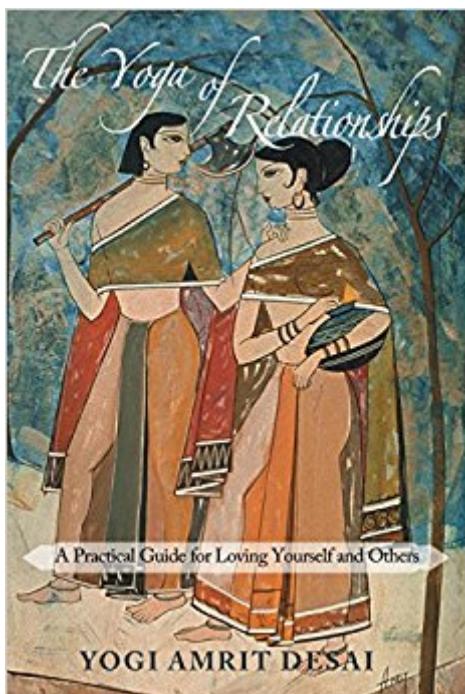


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# The Yoga Of Relationships: A Practical Guide For Loving Yourself And Others



## **Synopsis**

World-renowned yoga master Amrit Desai melds ancient wisdom with modern practicality as he offers piercing insight into the nature of relationships as a road map to fulfillment. The appendix includes outline of the basic life-observances of yoga, guidelines for day-to-day living, and meditations on healing relationships. Yogi Amrit Desai is recognized as one of the pioneers of the authentic teachings of yoga in the West. Today he oversees the Amrit Yoga Institute in Salt Springs, Florida, with its many affiliate branches and teachers in North America and Europe. He travels extensively giving talks and workshops.

## **Book Information**

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## **Customer Reviews**

Yogi Amrit Desai is recognized as one of the pioneers of the authentic teachings of yoga in the West. Today he oversees the Amrit Yoga Institute in Salt Springs, Florida with its many affiliate branches and teachers in N. America and Europe. He travels extensively giving talks and workshops.

Unlike the western approach (5 love languages), where a love is fabricated by certain techniques without understanding our inner being. Sri Amrita Desai's approach is a practical inside out approach from Santana Dharma. It begins with reality check and inner journey of questions: what is my expectation with relations in outside world? Why am I expecting or desire for those expectation? So on and forth. The book is based on Patanjali's Yama and Niyamas - the most important yet highly

ignored part of yoga in west. The actual sutras of Yama and Niyama are one or two line each. We need enlightened guru like Sri Desai to exemplify those sutra for our times. This book is exactly about that.

Phenomenal book. A must read for anyone in a relationship which is pretty much everyone. Gets to the heart of the matter. I have purchased a copy for my parents and plan on buying for my kids.

One of the best books ever on the simple truths of relationship with yourself, others, work and food. I highly recommend this for everyone. I bought it for all my friends for the holidays

Learned tons from this book as my therapist recommended it to me. Have it on my bookshelf and just love this book

Yoga is defined as the union of the individual soul with the cosmic soul and the state of oneness with the higher self, so the yoga of relationships is about the double union between self and source and self and other. While we are born knowing our connection to source, we lose it through constant abrasion against the reality of our parents, peers, and surroundings. We then spend much of the rest of our lives trying to recapture this feeling of connection. Yogi Desai suggests that we use our relationships as mirrors to reflect back to us who we think we are, and may be attracted to another person because we like the image we think they see. These relationships with people, food, entertainment, substances may give us some temporary pleasure and relief from pain or fear, but they also may lead to addictions and dependencies. The most important relationship in our lives is the one we have with ourselves, and unless we love and accept ourselves, how can we expect others to love and accept us?"Understand that in all significant relationships, we project our own unmet emotional needs and desires onto those we love.Ã¢Â¢Â•When life moves on and people change, we lose our anchor. We become fixated on holding on to the past because we fear the unknown that lies ahead. The only way to move forward and create a new future for ourselves is to release anger and adopt forgiveness Ã¢Â¢Â• and that includes forgiving ourselves. There is a section about our relationship to food that many will resonate with. Yogi Desai points out that we often use food to fill our inner emptiness, a sign of spiritual starvation. We have distorted the basic function of food as a source of nourishment and made it primarily a source of pleasure. He urges us to return to the design of Mother Nature, treating food with respect and gratitude. To end spiritual starvation, start by feeding the soul. On a practical basis, he suggests

eating half as much and chewing twice as long. The final chapter talks about love as union, and he already defined yoga as union, so the yoga of relationships is really the practice of rekindling the awareness of our union with the divine and of our essence as love. With this as our foundation we can move forward into any relationship with trust and joy. This is a small book with some profound (and possibly hard-earned) wisdom about relationships, and provides valuable food for thought.

Spiritual master Yogi Amrit Desai is my guru. He has been sharing the profound truths of yoga with the world for more than fifty years. This new book continues the journey. In it, Gurudev provides readers a richly rewarding exploration into one of the most important aspects of life, that of relationships. Life is an experience of relationships, which become a vehicle for the progressive unfolding of our spirit. What may at first appear to be a subject about you and other people, quickly becomes an investigation of the true nature of your relationship with yourself. Yogi Desai writes, "Growing up doesn't necessarily mean emotional maturity. That depends on evolving conscious self-awareness. And that takes practice, as well as understanding of the difference between who we really are and who we think we are." The word practical is appropriately part of the title. Readers get a front row seat in learning how their own inner landscape is at the core of all external relationships. In the first chapter, The Urge to Merge, Yogi Desai sets the stage as he delves into the craving we all have for love, and the uniquely human experience in which the self image takes shape and fashions most of our viewpoints and interactions with other people. Chapter-by-chapter we learn not only the reasons that we behave the way we do with loved ones, colleagues and strangers; but we also learn techniques to adjust our awareness. This changes the nature of the interactions we have. It is one reason that yoga is considered as much science as philosophy. And Yogi Desai is definitely the guide you want to have into what is often difficult and complex territory. As we arrive at the final chapters in the book we begin to have a clear understanding of the way in which communication, gratitude, conscious awareness and love itself all play pivotal roles in creating lasting, loving relationships. In this space we all grow individually and collectively.

I read with interest the two reviews that preceded mine. I had no idea about Yogi's past and appreciate what Robert has to say. However, after studying the dynamics of relationships for many years, I find Yogi Amrit Desai's information to be brilliant beyond words. If you are looking for information as to how to create a healthy YOU in a relationship, this is one of the best books I have ever read about that. Another is Harville Hendrix's book, Getting the Love You Want. I highly recommend both.

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