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Meditations on Intention and Being: Daily Reflections on the Path of Yoga, Mindfulness, and by Rolf Gates; Paperback CDN\$ 18.91 In Stock. Ships from and sold by Amazon.ca.

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Whether used in the morning to set the tone for the day, during yoga exercise itself, or at the end of the day, during evening reflection, the daily reflections in Meditations from the Mat will support and enhance anyone's yoga journey.

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Meditations from the Mat Quotes by Rolf Gates Goodreads

Meditations from the Mat Quotes Showing 1-15 of 15 The real payoff of a yoga practice, I came to see, is not a perfect handstand or a deeper forward bend it is the newly born self that each day steps off the yoga mat and back into life.

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Meditations from the Mat Daily Reflections on the Path of

Meditations from the Mat is one of the most meaningful and powerful books that I have ever read. As stated in the title, the author provides a daily reflection (365 in total) that includes a relevant quote and a personal story that helps the reader gain a deeper appreciation and understanding of how the 8 fold path of yoga applies to everyday life.

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A Daily Prayer Notebook For Personal Prayer and Meditation

Mat 6:6 But thou, when thou prayest, enter into thy closet, and when thou hast shut thy door, pray to thy Father which is in secret; and thy Father which seeth in secret shall reward thee openly .

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Meditations from the Mat Daily Reflections on the Path of

Dhyana is meditation, and samadhi is union with the object of meditation the state in which meditation is no longer necessary, in which we reexperience our primal oneness, we come home. The eight limbs are a map, but in yoga as in life, the journey is more important than the destination.

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