

"Living Love: The Path to Inner Harmony and Spiritual Awakening"

In "Living Love," discover a profound journey towards self-discovery and a harmonious connection with the world around you. This transformative book transcends the boundaries of traditional yogic practice, extending mindfulness and awareness to all aspects of your life. It provides invaluable guidance on how to navigate negative thought patterns and energy, offering a gradual transformation towards a more enlightened perspective.

This eloquent and deeply moving work marries spiritual and psychological insights, delving into the first two limbs of Patanjali's classic Yoga Sutras. "Living Love" serves as a spiritual compass, breathing life into these foundational yoga practices and assisting you in:

- Embracing integrity in your daily life.
- Cultivating compassion for yourself and others.
- Healing emotional wounds, sadness, and anxiety.
- Nurturing habits and behaviors that support your well-being.
- Living a values-based life for spiritual awakening and self-realization.

Practical exercises are thoughtfully provided at the book's conclusion, enabling you to translate these teachings into action. The Yama and Niyama practices within yoga serve to purify our minds, reshaping attitudes, and behaviors to awaken a deeper, more subtle spiritual awareness within us. In the face of life's disruptions, mastering these practices becomes the cornerstone of yoga.

"Living Love: The Path to Inner Harmony and Spiritual Awakening" is a testament to love, fortified by a lifetime of wisdom and personal experience. It will stay with you, gently guiding your thoughts and actions, ultimately leading you toward a brighter and more joyful existence if you are willing to embark on the journey.

Immerse yourself in the heart and soul of yoga with this award-winning book:

2022 GLOBAL BOOK AWARDS SILVER MEDAL WINNER FOR SPIRITUAL HEALING

A WINNER OF THE C.O.V.R. 2021 ICONIC BOOK AWARDS

"Kind, wise, and reflective of timeless truths, this yoga manual merits careful reading and rereading." - **Kirkus Reviews**

"Written with love and supported by a lifetime of knowledge and personal experience, Living Love, The Yoga of Yama and Niyama is one of those special books that will stay with you, occasionally nudging your mind and behavior in certain ways, and bringing you inevitably closer to lightness and joy if you're willing to take the journey." - **Self-Publishing Review**, ★★★★★^{1/2}

WHAT PEOPLE ARE SAYING

"Living Love the Yoga of Yama and Niyama" is an extraordinary journey into the depths of yogic philosophy and its practical application in everyday life. Maetreyii Ma Nolan's profound insights and practical techniques offer readers the keys to transforming their lives, cultivating happiness, and tapping into higher personal power. The book is a deep blend of ancient wisdom and contemporary psychology, presenting Yama and Niyama as contemplative inquiries that empower individuals to integrate yogic ethics into their daily existence. Maetreyii Ma Nolan's writing style is poetic and accessible, making this complex subject understandable and inspiring. The book's practical exercises at the end provide tangible methods for self-realization and spiritual awakening. It's a must-read for anyone seeking greater happiness, balance, and spiritual depth.

"Living Love" guides yogic practitioners and anyone on a personal development and self-realization journey. The author's ability to blend ancient wisdom with modern psychology makes this book a valuable resource for understanding and living a more compassionate, joyful, and ethical life. Each chapter serves as a gentle guide, offering insights to navigate life's complexities with integrity and mindfulness. Maetreyii Ma Nolan's work provides readers with the essential tools for personal growth and a deeper connection with themselves and the world. Whether you're a seasoned yogi or new to yoga, this book offers profound insights and practical guidance that will resonate with you on your journey to a more balanced and spiritually enriched life. – **Richard Druery Amazon Reviewer ★★★★★**