

## BOOK REVIEWS AND COMMENTS

### Professional Reviews

*In this book, the search for happiness is characterized as “the greatest adventure of human life.” And the way to begin that hunt is to commit to the practices of Yama and Niyama, the first two “limbs” of the eightfold path of Ashtanga Yoga.*

*Yama centers on avoiding actions that derail the mystical journey and cause harm to others, like lying or theft. By contrast, Niyama aims to foster serenity and a deeper connection to eternal truths through study and self-discipline. The text explores the qualities of love, mercy, appreciation, and empathy. It offers insights such as “Having compassion for living being, their pain and the harsh actions that come from their pain, is the root of forgiveness” and “Loving yourself is essential because it is by loving your own self that you become able to love others.” Understanding the causes of conflict and violence, reconciling clashes between instincts and ethics, and learning how to deal with negative judgements are other topics, along with behavioral exercises to help readers incorporate the instructions into their lives.*

*In this well-written guide, Ma (Feminine Mysticism, 2014 etc.) a licensed clinical psychologist as well as a teacher, deftly examines the structure of society, including how survival-based fears drive many of humanities most destructive deeds against itself. The concepts she lucidly explains have a universal quality, with echoes in the ideological principles of major religions like Christianity and Islam...*

*Getting the most out of this valuable guide requires personal self-examination and a willingness to consider fundamental yet simple lifestyle changes, such as showing gratitude and committing to performing a daily selfless act of service to another.*

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

### Kirkus Reviews

### Self -Publishing Review

*"There are many different reasons to practice yoga - for health and wellness, as a means of stress relief, or as a larger part of a spiritual belief system and path for your life. In Living Love: The Yoga of Yama and Niyama, author Maetreyii Ma takes readers on a journey through the self, blending yogic philosophy with practical techniques to help increase happiness, energy and personal power.*

*This is also a book that extends far beyond yogic practice, spreading the mindfulness and awareness from yoga to the rest of your life. It advises on how to handle negative thought patterns and energy, suggests things to do to gradually transform your life in a healthy way, and holds up a mirror to personal failings so readers can honestly assess themselves. It is easy to forget that yoga is also a belief and a lifestyle, not just a fitness fad, and this book reminds readers of that in a myriad of insightful ways. It is never too late to establish a code of ethics, or begin to live your life based on simpler disciplines and ideals.*

*The order of the sections, stories and anecdotes makes perfect sense, gradually moving from basic instruction and broad philosophy to complex thought processes and unique strategies to unlock happiness on a long-term basis. If you want to approach this book as an academic, to study the practices and sutras, or meditate on the prayers and mantras, it is an easily digestible and functional guidebook. However, if you want to loosen the strictures of your mind and free your spirit, you can also read the book slowly, like poetry, and it can have a similarly enlightening effect.*

*This is a great read for someone looking to unlock a new side of themselves, or tap into an energetic new perspective on life. 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**

### COMMENTS ABOUT THE BOOK

**“Yoga for Your Mind and Actions**, Maetreyii Ma reviews the ancient Yogic secrets of how to transform one's life from one of suffering - to a life of compassion, wonder and bliss. Her latest book, "Living Love" details the necessary steps and techniques to accomplish this. These teachings strengthen, balance, and stretch the mind, like yoga asana practice does the body, and they are the underlying basis of true yoga practice. Read and keep this book handy, and practice its teachings, and you will find yourself living your love and loving your life!”- **John Wolfe ★★★★★**

“Yama and Niyama are ancient, cardinal truths that show us how to live properly for happiness and spiritual growth. I have been aware of Yama/Niyama most of my life and it is an unbelievably important guide for life. **I appreciate the beautiful, poetic style this book is written in and find it very inspirational**, I also agree with the other reviewer who suggested reading a bit before sleep at night. Or maybe at some other time when you can ponder or meditate on it.”- **BH ★★★★★**

**“Love this teaching on the Yamas & Niyamas that comes from embodied wisdom.** This rendition will guide you to the experience of unity in everyday life.” – **Amazon Customer ★★★★★**

“Ma does an excellent job sharing stories and experiences, as well as expounding wisdom in poetic and therapeutic ways. Her extensive experience as a yoga professional is clear, and her thoughts are confidently expressed and logical. This is a great read for someone looking to unlock a new side of themselves, or tap into an energetic new perspective on life. Written with love and supported by a lifetime of knowledge and personal experience, **Living Love 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, ★★★★★½**

**“This book can help anyone who is pursuing the path of personal development and it is unique in combining the ancient wisdom of yoga and modern psychology.** This is the best book I found on the market addressing the ethical principles of yoga, Yama and Niyama. I highly recommend it to all who are interested in yoga and those who practice meditation and want to move forward in their spiritual life. The book addresses the deep insight of the workings of the mind and how it is important to self-reflect on one's own day to day activities. I found it very helpful for walking the path of honesty, compassion and loving kindness. it is a great book to keep next to your bed and read a few paragraphs before the sleep.”- **Ananda Deviika' Ma' A'charya` ★★★★★**

“Maetreyii's book offers a beautiful reflection of when wisdom has become inherently experienced. It softens our gaze to sense and move and become the tone of our inner natural state of being. This quote summed it up for me: "Compassion is an attitude, a feeling, a reflection of all embracing, unconditional love. It holds nothing back and doesn't run”. -**Angela White ★★★★★**

**This is a rare and wonderful work.** It is rare because many millions of people practice yoga but few focus on Patanjali's first two “Limbs” and their place in the experience of enlightenment. The book is wonderful because it resonates with the beautiful and thrilling wisdoms and joys of that great reunion. Reading the book is a little bit like being there. Here is a poetic, penetrating, practical, therapeutic guidebook giving an understanding of the Yama (avoidances) and Niyama (practices) of Yoga. - **Sylvia Hawley ★★★★★**

***I felt a deep sense of peace as I read this book.*** The words seemed to wash over me as they helped me to understand the practices of Yama and Niyama." **R. James~ ★★★★★**

***“Living Love has been a great source of inspiration for me. It contains ancient teachings of yoga, thought provoking concepts and practices, and deep spiritual and psychological insight.”*** **Ben Davis★★★★★**

***Living Love is a practical guide to living your life in harmony with all of life's struggles and challenges.*** It can soothe your soul when you feel overwhelmed with the circumstances of your life... uplift you spiritually and inspire you to know that no matter what is happening, you are more than your circumstances. It is the kind of book you will want to read over and over again. ~ **Luminessa Enjara ★★★★★**

***“I felt a deep sense of peace as I read this book. The words seemed to wash over me as they helped me to understand the practices of Yama and Niyama.”***-**R. James★★★★★**

***“Easy to read and understand,*** *Living Love: The Yoga of Yama & Niyama* by Maetreyii Ma is a beautiful guidebook for those seeking to according to the ancient teachings of Yoga. It is also a great resource for anyone who wishes to improve his relationships with others and to be true to oneself. Although this book can be read through quickly, it is perhaps better to red only a few pages at a time while contemplating the message in each vignette and working to incorporate the wisdom into one's daily life. At the very back of the book are suggestions for practice of the concepts.

While *Living Love* is an important book for those who wish to follow the spiritual teachings of Yoga, it is also an inspirational read for anyone seeking self-improvement.” - **Lisa Sabatini ★★★★★**

***“Practical mysticism at its best.*** This book delves into happiness better than any psychology. For a genuine life-changer, we need only to read and take up and expand on the suggestions.” – **Millicent ★★★★★**

***“Living Love is imbued with peace,*** which is embodied in the book and passed on to the reader. Being faced with some difficulties in my life, I pick up living love and read why things are a certain way, and how with this understanding, I can work with them.” -**Una Zakas ★★★★★**

**Link to Press Democrat Review:** <http://books.blogs.pressdemocrat.com/10457/living-love-a-book-that-shares-the-ancient-teachings-of-yoga/>