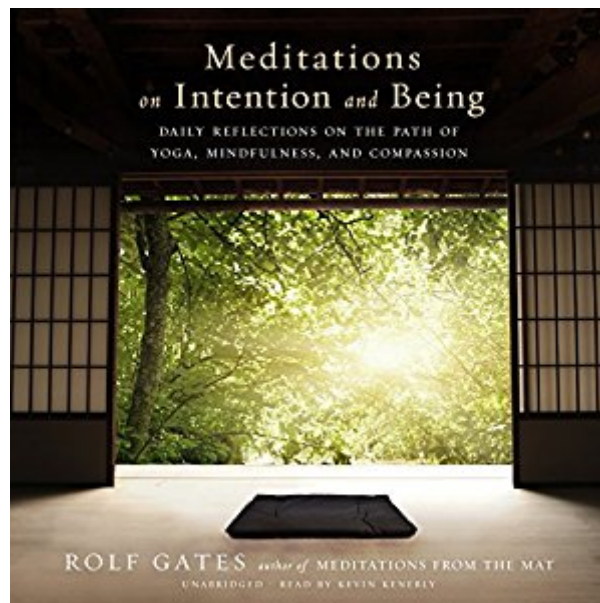


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# Meditations On Intention And Being: Daily Reflections On The Path Of Yoga, Mindfulness, And Compassion



## Synopsis

Yoga has never been more popular. Throughout the United States, people are turning to this ancient practice as a response to the pressures of today's hectic world. In *Meditations on Intention and Being*, acclaimed yoga teacher Rolf Gates draws on 20 years of teaching experience to explore and explain how to take the mindfulness of yoga off the mat and integrate it into every aspect of life. Presented in the form of 365 inspirational daily reflections, Gates helps listeners - from experienced yogis to novices seeking a little tranquility - to fundamentally reconsider their relationships with their minds, their bodies, and the universe around them through self-reflection. Over the course of seven chapters, he explores effortlessness, nonviolence, the spirit of practice, mindfulness, compassion and loving-kindness, equanimity and joy, and intention and being, giving listeners the tools they need to effect positive changes in their lives.

## Book Information

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## Customer Reviews

I loved meditations from the mat. I have now found a studio here with teachers trained by Rolf Gates. My first experience with them has been amazing. In regards to this book, my interest in yoga in people with PTSD and trauma has been on going for a few years now. Mindfulness, the study of and practice I believe is one of the most effective ways to heal from trauma or if nothing else manage it. My life has changed completely from both yoga and mindfulness. It is not an easy fix but it is worth every step it took to get here. Without meditation, yoga and staying present I can't

imagine where I would be. This book is a great way to start your meditation practice, to do before yoga or just to remind us to stop and get present. When I stay present and honor my intentions I stay on track with my life. When I have a difficult day mindfulness and meditation pulls me back to the mat and my life. In time I learned I could live with my past and really appreciate the present moment. This is an important book considering all the uncertainty going on in the world today. Truly am grateful for this book and Mr. Gates. I have heard over and over when the time is right the teacher will appear. I am grateful for the wisdom in both books, this one especially. Thanks to for such quick delivery during the holidays.

This is a stunning and beautiful book. I have been a yoga practitioner for over 16 years and a teacher since 2009. I have had a daily meditation practice for several years. I had the privilege of receiving a galley copy of this book before its' release. I have sat with it every morning after meditation for two months. Rolf's ability to bring in his experiences in a way that is relatable, down to earth and profound at the same time is his genius. This book lands truths in the mind, body and heart that are a testament to the wisdom and grace available in the practices of yoga and meditation. The voice of the writing seems effortless and reads like silk. Each entry carefully leads to a deeper insight at its conclusion as surely as steps in walking meditation or the inbreath and outbreath of sitting meditation. Each entry, for me, imparts the felt experience of meditation. It is already dog-eared and much loved by my students and myself. I am deeply grateful for this amazing and lucid book.

I gave it a four only because everyone I know think its a 5 and the book is heart felt - ie written.... Its very deep and I find i must reread a lot of the content.... I've put it away for awhile... but will play to return to see if i still feel the same.

I purchased the Kindle edition of this first, but decided that I also need the print version so that I can write in it. Even if you don't do yoga, the insights offered by this book are still applicable to daily life. My horizons have been expanded by Rolf's writing, and I find inspiration in this book every time I read it.

The Master teacher has, again, produced a masterful work of art. Authentic and real, this work is instantly a timeless classic. Rolf weaves Yogic philosophy and the wonders of his life's journey into a guide which is relevant, accessible and timely. This beautiful work is filled with wisdom teachings

that at once move the reader and provide for deeper contemplation. Such provocative literary work is a must read for the yoga practitioner as well as anyone looking for a useful tool to move into their own stillness, their own truth. Thank you for being vulnerable by sharing your truth with us all Rolf. It's a gift!

Wonderful! I really was looking for a guide to be more immersed in yoga daily living. I so enjoyed this book that I purchased Gate's first book, and I can say that both are worthwhile, but there is a span of 14 years between writings, which makes a difference in the author's own development and viewpoints. Both are very valuable, thank you!

As a yoga and meditation teacher, I value the the personal lessons that Rolf shares from his own life's journey. Through his beautiful writing and exquisite descriptions of how yoga, mindfulness, and compassion influences his daily life, he gently invites his readers to explore how to integrate these practices into their own lives. He encourages us to imagine what's possible when we "choose faith and flow over fear and control." Thank you, Rolf, for sharing your brilliant light!

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