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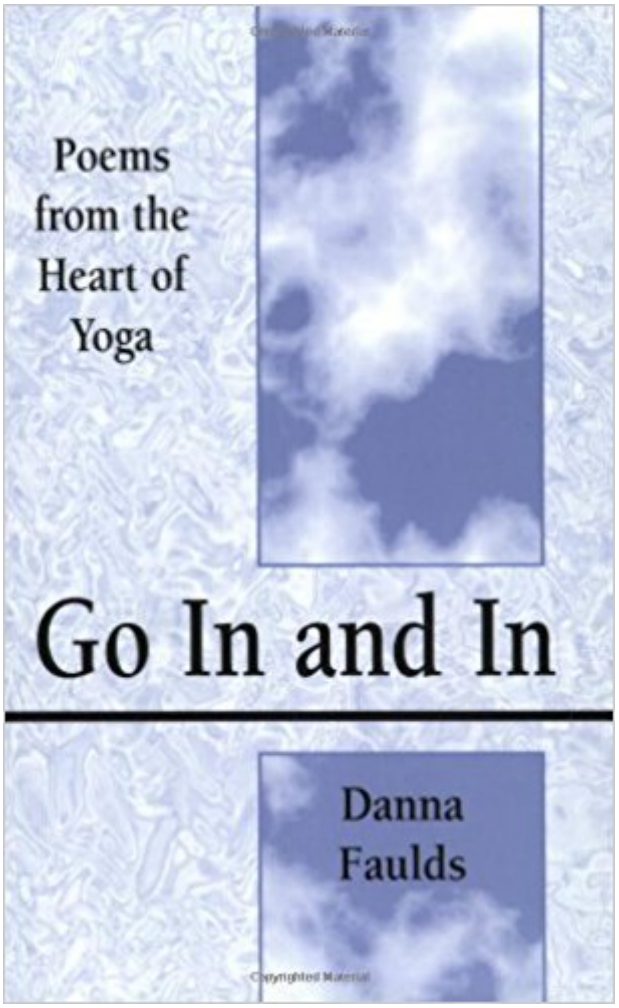
Go In And In: Poems From The Heart Of Yoga



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Synopsis

Here are poems that put words to the ineffable experiences that yoga practitioners have all the time, those moments when separation drops away, and body, mind and spirit become one. Inspired by the experiences of yoga and meditation, the natural world, and the challenges of life itself, these poems capture both the struggle and the delight of the author’s attempt to live consciously. They speak in a voice that is both encouraging and uplifting, yet they are simple and accessible.

Book Information

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Customer Reviews

Danna Faulds is a long-term practitioner and teacher of Kripalu Yoga who incorporated writing into her spiritual practice years ago. A former librarian who worked in law school, college and public libraries before turning to full-time writing, Danna lives with her husband, Richard, in the Shenandoah Valley of Virginia. Happily married for nearly 20 years, they tend an organic vegetable garden, enjoy the wildlife on their rural property, and host individuals and groups interested in the deeper practices of Kripalu Yoga.

"Breath of Life" I breathe in All That Is - Awareness expanding to take everything in, as if my heart beats the world into being. From the unnamed vastness beneath the mind, I breathe my way to wholeness and healing. Inhalation. Exhalation. Each breath a "yes," and a letting go, a journey, and a coming home. From "Go In and In," p. 10.

Danna Faulds is a great spiritual writer. She has a simple style that gets to the essence of what makes yoga a spiritual, physical and emotional practice. Her writing applies to life as well and I read

her poems when I need a little adjustment to my perspective. She reminds me that when I'm not feeling happy, I need to look deeper inside, not to others.

I do use some of these readings occassionally with my yoga classes but some of them are toopoetic and hard to get the message behind it unless you read it slowly several times....still a nicebook to have on hand for inspiration or when going with a themed yoga class.

"Allow" and "Still Point" are two deeply refreshing poems in this collection.

Great book for quotes for my yoga classes!

Words have the power to move the soul. Poetry is the "express highway" to the mind and heart. Loved it. LS

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Perfect

Love this book! Fast shipping!

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