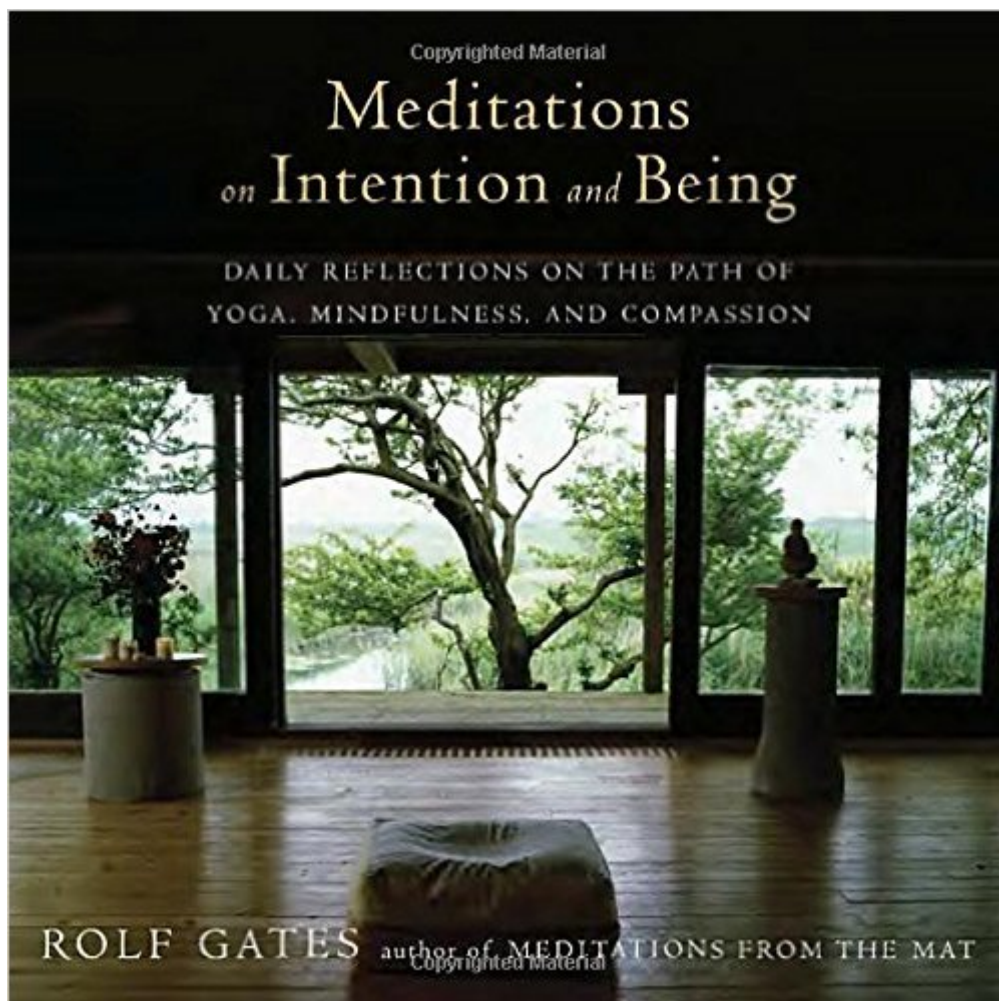


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# Meditations On Intention And Being: Daily Reflections On The Path Of Yoga, Mindfulness, And Compassion (An Anchor Books Original)



## 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 twenty 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 readers "from experienced yogis to novices seeking a little tranquility" to fundamentally reconsider their relationships with their minds, 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 readers the tools they need to effect positive changes in their lives.

## Book Information

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## Customer Reviews

Big disclosure here. I am a HUGE fan of Rolf Gates' book, *Meditations from the Mat*. I read it and reflect upon it every day. This is NOT the same book at all. In this book, Rolf delves deeper into the soul. Through seven sections, he asks the reader to reflect upon different subjects. The sections are: Effortlessness, Nonviolence, The Spirit of Practice, Mindfulness, Compassion and Loving-kindness, Equanimity and Joy, and Intention and Being. Followers of the traditions of yoga will recognize these themes. Each "chapter" has an introduction and then a number of short essays about the subject at hand. Unlike *Meditations from the Mat*, each short subject is not first introduced

through a thoughtful quote, although there are a few. Rolf provides some clear insights to the subject. He occasionally relates some of his own background as a springboard for discussion, but this is not a autobiography at all. Each piece is designed to make the reader think and reflect. And there are 365 if you want to spread them out over a year but I think most people will want to read straight through at first anyway. I found this book deeper and more reflective than the previous one, with perhaps, many similarities to some of the writings of Pema Chodron. At least in subject matter. Overall, this would be a good addition to any meditation library, yoga or otherwise. Buy it for yourself or as a gift for a special person.

\*\*\*\*\*I know a little about yoga, but not much. I've taken a several classes over the years and enjoyed them mainly for the stretching and poses. I was very excited about the author's new book because I spent two whole years following his previous daily meditation book called "Meditations from the Mat: Daily Reflections on the Path of Yoga". This book is very similar to his previous book in that it's organized with one meditation for each day, with each meditation being worthy of contemplation for a few minutes, as well as something to carry into your day. He does say that you don't need to have read his previous book to thoroughly benefit from this one, and I agree with him. The seven chapter topics organizing the 365 meditation are: (1) effortlessness, (2) nonviolence, (3) the spirit of practice, (4) mindfulness, (5) compassion and loving-kindness, (6) equanimity and joy, and (7) intention and being. The author's prose is beautiful and meditative--about yoga, mindfulness, meditation. The purpose of the meditations is to effect positive changes in your life irregardless of whether or not you ever end up doing a yoga pose or mediating; it is filled with practical examples, and easily understood, not esoteric. Highly recommended. \*\*\*\*\*

I've been practicing yoga for a few years, and recently have tried to be interested in the benefits of meditation and mindfulness. Honestly, it was something that I attempted to explore in the past, but the whole process seemed a bit confusing. This book seems to be a good start if you are a novice like me. The author uses the introduction to share about his life, and how he came to a point where he is able to write this book. I thought this added to the content because you get a feel for the person behind the book. The book is broken down into sections that can be followed in sequence or you can skip to the section that is of interest to you. The seven chapters cover Effortlessness, Nonviolence, The Spirit of Practice, Mindfulness, Compassion and Loving-kindness, Equanimity and Joy, Intention and Being. Each section gives a brief overview of the topic and then is followed with daily "reflection". The book contains 365 reflections dispersed

throughout the sections. Each reflection is a story or observation. It simply gives you something to think about. It is up to you to see how you can integrate it into your life. I think one line in the introduction fully describes the author's intention "The ultimate aim of a daily reflection is not to tell you what is true, but to encourage you to discover your own truth."

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.

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