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The guru is in you.

Yogani

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# **Bhakti & Karma Yoga**

**The Science of Devotion  
and  
Liberation Through Action**

**Yogani**

**From The AYP Enlightenment Series**

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## Further Reading and Support

Yogani is an American spiritual scientist who, for more than thirty years, has been integrating ancient techniques from around the world which cultivate human spiritual transformation. The approach he has developed is non-sectarian, and open to all. In the order published, his books include:

### ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living***

A large user-friendly textbook providing 240 detailed lessons on the AYP integrated system of yoga practices.

### ***The Secrets of Wilder – A Novel***

The story of young Americans discovering and utilizing actual secret practices leading to human spiritual transformation.

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- ***Samyama – Cultivating Stillness in Action, Siddhis and Miracles***
- ***Diet, Shatkarmas and Amaroli – Yogic Nutrition and Cleansing for Health and Spirit***
- ***Self Inquiry – Dawn of the Witness and the End of Suffering***
- ***Bhakti and Karma Yoga – The Science of Devotion and Liberation Through Action***
- ***Eight Limbs of Yoga – The Structure and Pacing of Self-Directed Spiritual Practice***

For up-to-date information on the writings of Yogani, and for the free *AYP Support Forums*, please visit:

**[www.advancedyogapractices.com](http://www.advancedyogapractices.com)**

***Bhakti and Karma Yoga*** covers the systematic application of the essential principles of desire and devotion to aid us in achieving our goals and spiritual aspirations. Through inspired action we can transform our life experience to one of ecstatic bliss and outpouring divine love.

In combination with an effective daily routine of yoga practices, the principles of *bhakti and karma yoga* elevate the relationship of our desires and actions to divine expression, greatly hastening our progress toward *enlightenment*.

Yogani is the author of two landmark books on the world's most effective spiritual practices: ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living***, a comprehensive user-friendly textbook, and ***The Secrets of Wilder***, a powerful spiritual novel.

***The AYP Enlightenment Series*** makes these profound practices available for the first time in a series of concise instruction books.

