



Advanced Yoga Practices

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The guru is in you.

Yogani

www.advancedyogapractices.com

Samyama

**Cultivating
Stillness in Action
Siddhis & Miracles**

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

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

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- ***Diet, Shatkarmas and Amaroli – Yogic Nutrition and Cleansing for Health and Spirit*** (1st half 2007)
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For up-to-date information on the writings of Yogani, and for the free *AYP Support Forums*, please visit:

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Samyama is a powerful yoga practice that has been shrouded in mystery for centuries. Yet, it is as close to us as our most immediate hopes and dreams, for it is the principles of samyama that are operating behind everything good that is happening in our life.

The key methods of samyama are covered here, simplified to enable anyone to engage in daily practice leading to profound results. Our deepest desires can be enlivened by systematically letting go into our inner silence. Whatever we surrender will come back to us a thousand-fold, purified in a divine outpouring. This is ***Stillness in Action***.

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.

