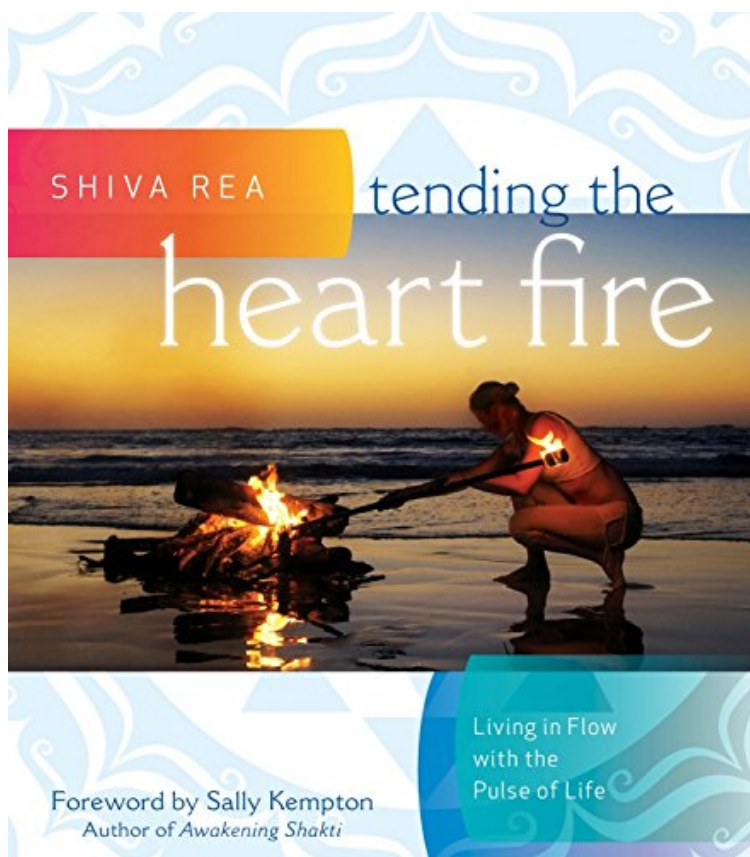


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Tending the Heart Fire: Living in Flow with the Pulse of Life



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Prsentation de l'diteur "We are created in rhythm, kept alive in rhythm, evolve through rhythm. Tides, breath, and blood flow in rhythm. We are born into a universe of currents, and our heart is the great conductor of the body, orchestrating our flow."The mystical foundations of all the world's spiritual paths meet in a single, sacred place: the heart of the seeker. We have reached a time when scientific understanding mirrors the teachings of the great wisdom traditions in revealing our energetic heart as the light of consciousness, the fire of love, a field of intelligence. Tending the Heart Fire, the first book by pioneering yogini Shiva Rea, is an invitation to embody our extraordinary potential at this turning point in time, to reconnect your life to the rhythms of your body and the natural worldto live in flow with the pulse of life.Weaving together wisdom from the great world traditionsincluding yoga, Ayurveda, Tantra, and modern scienceShiva presents an essential resource for becoming a firekeeper of the sacred heart. This diverse treasury is filled with meditations, life guidance, seasonal rituals, and daily practices, including:Insights for harmonizing with the sacred junctures of timethe daily, weekly, lunar, and solar cycles of manifestation and renewalAligning with the seasonshow to adapt your diet, exercise, and yoga rhythms throughout the annual cycle Ways to honor the great sacred holidays, rites, and festivalsAwakening of sahathe natural flow at the origins and source of

yoga asana and sacred embodiment at the heart of yoga and TantraSkills for tending your inner fire in every aspect of life and healing imbalances that can support a renewable energy lifestyleA visual teaching with over a hundred full-color images, including reference charts, diagrams, illustrations, and ancient poetry for inspiration