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Learning to Listen: Simplifying Spiritual Practice

By Jonathan Reynolds

iUniverse, United States, 2005. Paperback. Book Condition: New. 198 x 119 mm. Language: English . Brand New Book ***** Print on Demand *****. When we can learn to listen, we can hear, when we can hear, then we can know, when we can know, then we may become, when we become, then we can be. -Sharon Gannon Co-creator of the Jivamukti Yoga method Learning To Listen is a clear and concise introduction into the practical dimensions of a personal practice. Easy to read and understand, its informal presentation allows those new to the path access to the mindful life. As a reference, Learning To Listen is a daily reminder to those with an already existing dedication to limitless growth. For any yoga lover wishing to deepen their practice beyond the physical, it is a powerful tool. -Baron Baptiste Author of Journey Into Power (Simon and Schuster) Learning To Listen is an excellent guide to spiritual work. Jonathan Reynolds presents a grounded, practical program for developing the inner ear. -Bhagavan Das, Nada Yoga Master Author of It s Here Now, Are You?.



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