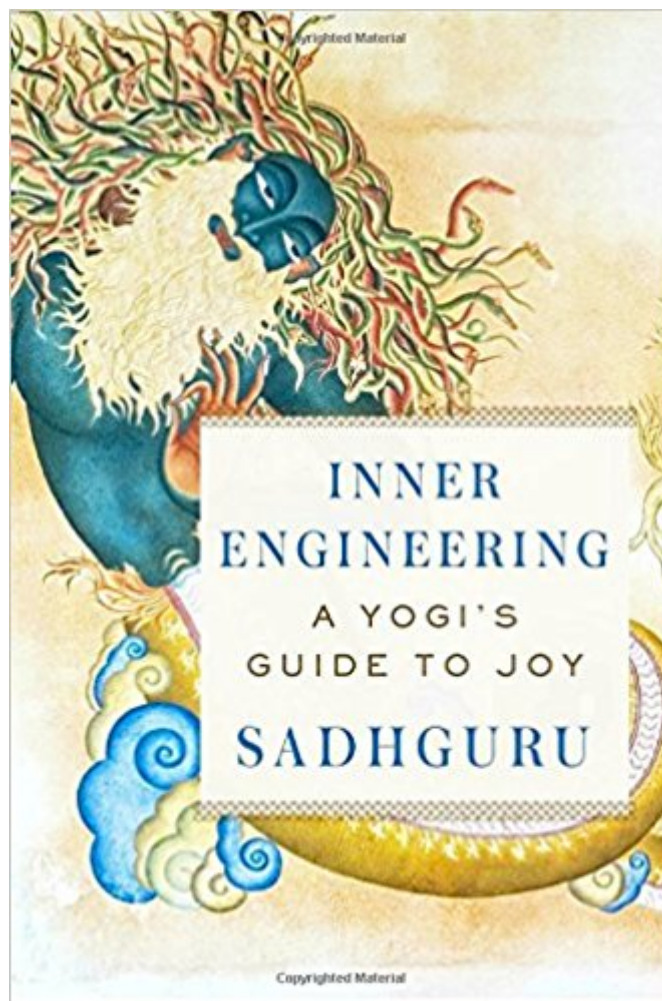


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Inner Engineering: A Yogi's Guide To Joy



Synopsis

Thought leader, visionary, philanthropist, mystic, and yogi Sadhguru presents Western readers with a time-tested path to achieving absolute well-being: the classical science of yoga. The practice of hatha yoga, as we commonly know it, is but one of eight branches of the body of knowledge that is yoga. In fact, yoga is a sophisticated system of self-empowerment that is capable of harnessing and activating inner energies in such a way that your body and mind function at their optimal capacity. It is a means to create inner situations exactly the way you want them, turning you into the architect of your own joy. • A yogi lives life in this expansive state, and in this transformative book Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world to a young daredevil who crossed the Indian continent on his motorcycle. He relates the moment of his enlightenment on a mountaintop in southern India, where time stood still and he emerged radically changed. Today, as the founder of Isha, an organization devoted to humanitarian causes, he lights the path for millions. The term guru, he notes, means • a dispeller of darkness, someone who opens the door for you. . . . As a guru, I have no doctrine to teach, no philosophy to impart, no belief to propagate. And that is because the only solution for all the ills that plague humanity is self-transformation. Self-transformation means that nothing of the old remains. It is a dimensional shift in the way you perceive and experience life. • The wisdom distilled in this accessible, profound, and engaging book offers readers time-tested tools that are fresh, alive, and radiantly new. Inner Engineering presents a revolutionary way of thinking about our agency and our humanity and the opportunity to achieve nothing less than a life of joy. Praise for Sadhguru and Inner Engineering • Contrarian and consistent, ancient and contemporary, Inner Engineering is a loving invitation to live our best lives and a profound reassurance of why and how we can. • "Sir Ken Robinson, author of *The Element*, *Finding Your Element*, and *Out of Our Minds: Learning to Be Creative* • I am inspired by Sadhguru's capacity for joy, his exuberance for life, and the depth and breadth of his curiosity and knowledge. His book is filled with moments of wonder, awe, and intellectual challenge. I highly recommend it for anyone interested in self-transformation. • "Mark Hyman, M.D., director, Cleveland Clinic Center for Functional Medicine, and New York Times bestselling author • Inner Engineering is a fascinating read of Sadhguru's insights and his teachings. If you are ready, it is a tool to help awaken your own inner intelligence, the ultimate and supreme genius that mirrors the wisdom of the cosmos. • "Deepak Chopra

Book Information

Hardcover: 288 pages

Publisher: Spiegel & Grau; 1 edition (September 20, 2016)

Language: English

ISBN-10: 0812997794

ISBN-13: 978-0812997798

Product Dimensions: 5.7 x 0.9 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars Â Â See all reviews Â (22 customer reviews)

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Customer Reviews

Yesterday I cut two oranges to juice for my morning smoothie. As I was juicing one of them, I heard myself say, "This orange is BAD. It's so dry."Option 1: "It's so dry I'm getting less than a quarter cup. Instead of needing only two oranges, I'm going to have to juice four. What a ripoff. I'm paying double for oranges. And now I have to go to the store to get more oranges. What if they're bad, too?"Option 2: "It is what it is: a dry orange. I'll just have to juice four instead of two. Better get another bag of oranges."Sadhguru writes, "...whatever the events and situations around you, you don't get crushed by them; you ride them." And, "To mold situations the way you want them you must first know who you are. The crux of the matter is that you don't yet know who you are. Who you are is not the sum total of accumulations you have made. Everything that you currently know as 'myself' is just an accumulation. Your body is just an accumulation of food. Your mind is just an accumulation of impressions gathered through the five senses. What you accumulate can be yours, but it can never be you... You are trying to live your life through what you have gathered, not through who you are. What's more, you are not even a hundred percent conscious of what you have gathered!"That's what this book is about. It's about understanding your true, divine self and that everything that happens to you happens internally. Most people go through life letting external events dictate who they are and how they should feel. They spend most of their time in memories of the past or in imaginal futures, usually of a bad kind.

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