Salt, Fat, Acid, Heat

Samin Nosrat 2017-04-25

Whether you've never picked up a knife or you're an accomplished chef, there are only four basic factors that determine how good your food will taste. Salt, Fat, Acid, and Heat are the four cardinal directions of cooking, and they will guide you as you choose which ingredients to use and how to cook them, and they will tell you why last minute adjustments will ensure that food tastes exactly as it should. This book will change the way you think about cooking and eating, and help you find your bearings in any kitchen, with any ingredients, while cooking any meal. --

The Diamond Cutter

Michael Roach 2003

The well-known teacher of Tibetan Buddhism shares his proven strategies for achieving success in business and personal life, drawing on the ancient texts of the Diamond Sutra and other commentaries to shed new light into the timeless traditions of Tibetan Buddhism.

Reprint.

The New York Times

Behold the Dreamers

Imbolo Mbue 2016-08-23

A compulsively readable debut novel about marriage, immigration, class, race, and the trapdoors in the American Dream—the unforgettable story of a young Cameroonien couple making a new life in New York just as the Great Recession upends the economy New York Times

Bestseller • Winner of the PEN/Faulkner Award • Longlisted for the PEN/Open Book Award • An ALA Notable Book NAMED ONE OF THE BEST BOOKS OF THE YEAR BY NPR • The New York Times Book Review • San Francisco Chronicle • The Guardian • St. Louis Post-Dispatch • Chicago Public Library • BookPage • Refinery29 • Kirkus Reviews

Jende Jonga, a Cameroonien immigrant living in Harlem, has come to the United States to provide a better life for himself, his wife, Neni, and their six-year-old son. In the fall of 2007, Jende can hardly believe his luck when he lands a job as a chauffeur for Clark Edwards, a senior executive at Lehman Brothers. Clark demands punctuality, discretion, and loyalty—and Jende is eager to please. Clark’s wife, Cindy, even offers Neni temporary work at the Edwardses’ summer home in the Hamptons. With these opportunities, Jende and Neni can at last gain a foothold in America and imagine a brighter future. However, the world of great power and privilege conceals troubling secrets, and soon Jende and Neni notice cracks in their employers’ façades. When the financial world is rocked by the collapse of Lehman Brothers, the Jongas are desperate to keep Jende’s job—even as their marriage threatens to fall apart. As all four lives are dramatically upended, Jende and Neni are forced to make an impossible choice. Praise for Behold the Dreamers “A debut novel by a young woman from Cameroon that illuminates the immigrant experience in America with the tenderhearted wisdom so lacking in our political discourse . . . Mbue is a bright and captivating storyteller.”—The Washington Post “A capacious, big-hearted novel.”—The New York Times Book Review “Behold the Dreamers’ heart . . . belongs to the struggles and small triumphs of the Jongas, which Mbue traces in clean, quick-moving paragraphs.”—Entertainment Weekly “Mbue’s writing is warm and captivating.”—People (book of the week) “[Mbue’s] book isn’t the first work of fiction to grapple with the global financial crisis of 2007–2008, but it’s surely one of the best . . . It’s a novel that depicts a country both blessed and doomed, on top of the world, but always at risk of losing its balance. It is, in other words, quintessentially American.”—NPR “This story is one that needs to be told.”—Bust “Behold the Dreamers challenges us all to consider what it takes to make us genuinely content, and how long is too long to live with our dreams deferred.”—0: The Oprah Magazine “[A] beautiful, empathetic novel.”—The Boston Globe “A witty, compassionate, swiftly paced novel that takes on race, immigration, family and the dangers of capitalist excess.”—St. Louis Post-Dispatch "Mbue [is] a deft, often lyrical observer . . . [Her] meticulous storytelling announces a writer in command of her gifts.”—Minneapolis Star Tribune

Bank 4.0

Brett King 2018-12-17

Winner of best book by a foreign author (2019) at the Business Book of the Year Award organised by PwC Russia The future of banking is already here—are you ready? Bank 4.0 explores the radical transformation already taking place in banking, and follows it to its logical conclusion. What will banking look like in 30 years? 50 years? The world’s best banks have been forced to adapt to changing consumer behaviors; regulators are rethinking friction, licensing and regulation; Fintech start-ups and tech giants are redefining how banking fits in the daily life of consumers. To survive, banks are having to develop new capabilities, new jobs and new skills. The future of banking is not just about new thinking around value stores, payment and credit utility—it’s embedded in voice-based smart assistants like Alexa and Siri and soon smart glasses which will guide you on daily
spending and money decisions. The coming Bank 4.0 era is one where either your bank is embedded in your world via
 tech, or it no longer exists. In this final volume in Brett King’s BANK series, we explore the future of banks amidst the evolution of technology and discover a revolution already at work. From re-engineered banking systems, to selfie-pay and self-driving cars, Bank 4.0 proves that we’re not on Wall Street anymore. Bank 4.0 will help you: Understand the historical precedents that flag a fundamental rethinking in banking Discover low-friction, technology experiences that undermine the products we sell today Think through the evolution of identity, value and assets as cash and cards become obsolete Learn how Fintech and tech “disruptors” are using behaviour, psychology and technology to reshape the economy Examining everything from blockchain, A.I., augmented reality and other leading-edge tech are the real building blocks of the future of banking systems If you look at individual technologies or startups disrupting the space, you might miss the biggest signposts to the future and you might also miss that most of we’ve learned about banking the last 700 years just isn’t useful. When the biggest bank in the world isn’t any of the names you’d expect, when branch networks are a burden not an asset, and when advice is still the domain of the loan officer, banks in the very near future have to start from scratch. Bank 4.0 takes you to a world where banking will be instant, smart and ubiquitous, and where you’ll have to adapt faster than ever before just to survive. Welcome to the future. Bikram’s Beginning Yoga Class Bikram Choudhury 1978 A guide to yoga poses and exercises, the health benefits to be derived from them, and their incorporation into one's daily life. The Practice of Nada Yoga Baird Hersey 2013-12-17 Meditation exercises for listening to the four levels of sound, to still the body, quiet the mind, open the heart, and connect with the Divine • Details the teachings on nada yoga from the Hatha Yoga Pradipika with clear, step-by-step instructions to find and hear the inner sacred sound of nada • Explains the 4 levels of sound through a series of practical meditation exercises • Includes instructions for a daily nada yoga meditation practice as well as ways to strengthen your advanced practice The ancient practice of nada yoga is not complex. It is the yoga of listening. It is a journey from the noise of the external world inward to a place of peace and bliss, to the source of the transformational power of sound—the nada. By meditating on the inner sacred sound of the nada, we can release ourselves from mind chatter and obsessive thinking. We can still the body, quiet the mind, and open the heart to create a state of mind where joy naturally arises. Sharing his experiential understanding of the classic Hatha Yoga Pradipika, Baird Hersey offers precise, step-by-step instructions on how to find the inner sound of the nada. He explains the first three levels of sound—first, how to truly hear the ordinary sounds of the world; second, how to quiet the sounds of the mind (madhyama), such as sound memories and internal dialogue; and third, how to access visual sounds (pashyanti), tapping in to our ability to see sounds and hear colors. Mastering the first three levels prepares one for the fourth level of sound (para), the heart of the practice that connects one to the inner sound of the nada. The author provides detailed exercises to guide you through each level of sound and instructions for a daily nada yoga meditation practice. Hersey explains that by focusing our minds on this inner intersection of East and West that changed our world. After years of forcibly stopping foreigners at the borders, the leaders of Tibet opened the doors to their kingdom in 1937 for Theos Bernard. He was the third American to set foot in Tibet and the first American ever initiated into Tantric practices by the highest lama in Tibet. When Bernard left that sacred land, he was sent home with fifty mule loads of priceless, essential Buddhist scriptures from government and monastery vaults. Bernard brought these writings to America, where he achieved celebrity as a spiritual
master. Appearing four times on the cover of the largest-circulation magazine of the day, befriending some of the most famous figures of his era, including Charles Lindbergh, Lowell Thomas, Ganna Walska, and W. Y. Evans-Wentz, and working with legendary editor, Maxwell Perkins, the charismatic and controversial “White Lama” introduced a new vision of life and spiritual path to American culture before mysteriously disappearing in the Himalayas in 1947. Biography, travel and adventure, a history of Tibet's opening to the West, and the story of Buddhism and Yoga’s arrival in America, White Lama: The Life of Tantric Yogi Theos Bernard, Tibet's Lost Emissary to the West is the first work to tell his groundbreaking story in full and is a narrative that thrills from beginning to end. Includes 15 photographs shot in 1937 by Theos Bernard, part of a collection that has been described as the best photographic record of Tibet in existence.

The Karma of Love Michael Roach 2013 This is a relationship book unlike any one you've ever seen. An American monk who spent 25 years in Tibetan monasteries shares ancient secrets on how to find a partner, keep them, and achieve lasting happiness together. The book consists of answers to 100 questions asked by audiences all over the world during decades of his teachings on the Buddhist path. Michael Roach's answers will help any man or woman to hug me? To get my wife interested in sex again? Can I use karma to stop my girlfriend from texting other guys? Is it possible for physical intimacy to be spiritual? How can we use our relationship to help the world? The answers to the 100 questions are drawn from the teachings of The Diamond Cutter, which is the oldest dated printed book in the world. Michael Roach, the first American in history to receive the coveted Tibetan title of Geshe, or Master of Buddhism, applies the world-changing ideas of his international bestselling personal success book—also called The Diamond Cutter—to every aspect of our relationship: trust, communication, addictions, fun, in-laws, sex, peace, self-esteem, and many others.

The Diamond Cutter Geshe Michael Roach 2009-09-01 With a unique combination of ancient and contemporary wisdom from the Tibetan Buddhist tradition, The Diamond Cutter presents readers with empowering strategies for success in their work and personal lives. Geshe Michael Roach, one of the great teachers today of Tibetan Buddhism, has richly woven The Diamond Cutter in three layers. The first is a translation of selections from the Diamond Sutra itself, an ancient text comprised of conversations between the Buddha and his close disciple Subhuti. Considered a central work by Buddhists throughout the world, the Diamond Sutra has been the focus of much interpretation over the centuries. In the second layer, Geshe Michael quotes from some of the best commentaries of the Tibetan tradition. In the main text, the third layer, he uses both sutra and commentary as a jumping-off point for presenting his own teaching. Geshe Michael gives fresh insight into ancient wisdom by using examples from his experiences as one of the founders of the Andin International Diamond Corporation, which was started with capital of fifty thousand dollars and which today has annual sales in excess of one hundred million dollars. Much of the success of Andin has come from applying the business strategies presented in The Diamond Cutter. Geshe Michael's easy style and spiritual understanding make this work of timeless wisdom an invaluable source for those already familiar with, and those unfamiliar with, Tibetan Buddhism.

Beautiful Boy David Sheff 2008 The story of one teenager's descent into methamphetamine addiction is told from his father’s point of view, describing how a varsity athlete and honor student became addicted to the dangerous drug and its impact on his family.

King of the Dharma Gesha Michael Roach 2019-04-15 March 18, 1959. Artillery shells smash into the Potala Palace in Lhasa, Tibet, home of His Holiness, the 14th Dalai Lama. Fleeing Tibet for their lives, the family of His Holiness took what they could carry, including a set of 15 scroll paintings called the Tsongkapa Eighty. As an art form, the scrolls are magnificent. As the retelling of the life’s work of Je Tsongkapa, the scroll paintings are irreplaceable. After reaching safety, the paintings were donated to a Kalmyk Buddhist Temple in New Jersey. Based on these paintings, the authors have researched and written an amazing work; it is the story told through the scrolls, and the history of how the paintings developed over the centuries. The book includes: - All 260 scenes from the original 15 paintings with captions, creating an account of Je Tsongkapa's life, in text and paintings, nearly 1,000 color images! - A history of the Kalmyk Temple and how the paintings arrived there - A photographic journey that retraces Je Tsongkapa's steps across Tibet - A definitive list of Je Tsongkapa's writings, and the biographies of his life - Maps, produced with the help of the map maker for the Lord of the Rings books, which trace Je Tsongkapa's constant travels to teach and to learn. - Contemporary painter Ori Carin’s, modern interpretations of several scenes. - A detailed review of Je Tsongkapa's many roles: monk, philosopher, writer, master teacher, yoga practitioner, spiritual partner and diplomat, all depicted in the paintings.

Humans Need Not Apply Jerry Kaplan 2015-08-04 An “intriguing, insightful” look at how algorithms and robots could lead to social unrest—and how to avoid it (The Economist, Books of the Year). After decades of effort, researchers are finally cracking the code on artificial intelligence. Society stands on the cusp of unprecedented change driven by advances in robotics, machine learning, and perception powering systems that rival or exceed human capabilities. Driverless cars, robotic helpers, and intelligent agents that promote our interests have the potential to usher in a new age of affluence and leisure—but as AI expert and Silicon Valley entrepreneur Jerry Kaplan warns, the transition may be protracted and brutal unless we address the two great scourges of the modern developed world: volatile labor markets and income inequality. In Humans Need Not Apply, he proposes innovative, free-market adjustments to our economic system and social policies to avoid an extended period of social turmoil. His timely and accessible analysis of the promises and perils of AI is a must-read for business leaders and policy makers on both sides of the aisle. “A reminder that AI systems don’t need red laser eyes to be dangerous.”—Times Higher Education Supplement “Kaplan...sidesteps the usual arguments of techno-optimism and dystopia, preferring to go for pragmatic solutions to a shrinking pool of jobs.”—Financial Times

The Magic of Empty Teachers: Quiet Retreat Teachings Geshe Michael Roach 2011-07-01 These extraordinary teachings on the spiritual path were given between March 3, 2000 and June 6, 2003, when Geshe Michael Roach engaged in a 3 year silent meditation retreat in the Arizona desert wilderness. In order to fulfill a promise to his students, he came blindfolded to the edge of his retreat boundary to teach. These books are transcripts of those talks, with very little editing, in order to preserve the freshness of his language and the several layers of meaning they convey. Geshe Michael Roach is the first American to pass the rigorous training and exam for the title of Geshe, or Master of Buddhism, after twenty years at Sera Mey Tibetan Buddhist Monastery.

Acid Dreams Martin A. Lee 1992 Provides a social history of how the CIA used the psychedelic drug LSD as a tool of espionage during the early 1950s and tested it on...
U.S. citizens before it spread into popular culture, in particular the counterculture as represented by Timothy Leary, Allen Ginsberg, Ken Kesey, and others who helped spawn political and social upheaval.

How Yoga Works Geshe Michael Roach 2004 The secrets of how yoga really works are revealed here in a delightful story based on the teachings from India to Tibet.

Karmic Management Geshe Michael Roach 2009-09-01 Readable in fifty-eight minutes: Traditional Eastern wisdom and real-life business experience come together in this brief and practical guide, which offers a step-by-step plan that will help readers adopt a more successful way of working and living. KARMIC MANAGEMENT is a little book with a revolutionary message. It turns traditional business mentality on its head by stating that the owners become successful suppliers, customers, even competitors—is the real key to success in life as well as in business. Drawing from their own entrepreneurial experiences, the authors explain how, in eight basics steps that take less than one hour in total, readers can learn to apply KARMIC MANAGEMENT to meet goals, both personal and professional. Each lesson opens with a quotation from a Buddhist text and explains how it applies to life and work in the twenty-first century. The authors show readers how to identify the tendencies that are getting in their way, discover their most valuable assets, and use their new insights to improve the lives of others. To-do lists throughout the book provide practical tools and exercises, and real-life examples highlight the power of KARMIC MANAGEMENT to make dreams come true.

Power Yoga Beryl Bender Birch 2010-06-15 THE OFFICIAL YOGA PROGRAM OF THE NEW YORK ROAD RUNNERS CLUB Power Yoga is a unique combination of dynamic breathing and strong, flowing movement, which creates a high-heat, high-energy workout. Unlike any other yoga program, Power Yoga is a choreographed sequence of postures that flow into one another, building strength, unwinding tight joints, and loosening muscles. Beautiful photographs and clear instructions guide you through this effective and popular routine. Based on the classical and original yoga system called astanga, Power Yoga is a complete mind and body workout that develops concentration and reduces stress. With its focus on mindful breathing and body heat, Power Yoga goes beyond the relaxation benefits of traditional yoga to offer a route to health and fitness that athletes of all levels will embrace.

Meditations from the Mat Rolf Gates 2010-10-27 365 daily reflections offering a way to integrate the mindfulness that yoga teaches into everyday life, from the acclaimed yoga teacher, Rolf Gates. As more and more people in the West pursue yoga in its various forms, whether at traditional centers, in the high-powered atmosphere of sports clubs, or on their own, they begin to realize that far from being just another exercise routine, yoga is a discipline of the body and the mind. Whether used in the morning to set the tone for the day, during yoga exercise itself, or at the end of the evening reflection, the daily reflections in Meditations from the Mat will support and enhance anyone’s yoga journey.

Playing It My Way Sachin Tendulkar 2014-11-06 The greatest run-scorer in the history of cricket, Sachin Tendulkar retired in 2013 after an astonishing 24 years at the top. The most celebrated Indian cricketer of all time, he received the Bharat Ratna Award - India's highest civilian honour - on the day of his retirement. Now Sachin Tendulkar tells his own remarkable story - from his first Test cap at the age of 16 to his 100th international century and the emotional final farewell that brought his country to a standstill. When a boisterous Mumbai youngster's excess energies were channelled into cricket, the result was record-breaking schoolboy batting exploits that launched the career of a cricketing phenomenon. Before long Sachin Tendulkar was the cornerstone of India's batting line-up, his every move watched by a cricket-mad nation's devoted followers. Never has a cricketer been burdened with so many expectations; never has a cricketer performed at such a high level for so long and with such style - scoring more runs and making more centuries than any other player, in both Tests and one-day games. And perhaps only one cricketer could have brought together a shocked nation by defiantly scoring a Test century shortly after terrorist attacks rocked Mumbai. His many achievements with India include winning the World Cup and topping the world Test rankings. Yet he has also known his fair share of frustration and failure - from injuries and early World Cup exits to stinging criticism from the press. But the author manages to put his unhappy tenure as captain. Despite his celebrity status, Sachin Tendulkar has always remained a very private man, devoted to his family and his country. Now, for the first time, he provides a fascinating insight into his personal life and gives a frank and revealing account of a sporting life like no other.

Genius Foods Max Lugavere 2018-03-20 New York Times Bestseller Discover the critical link between your brain and the food you eat and change the way you brain ages, in this cutting-edge, practical guide for rejuvenating brain fog, optimizing brain health, and achieving peak mental performance from media personality and leading voice in health Max Lugavere. After his mother was diagnosed with a mysterious form of dementia, Max Lugavere put his successful media career on hold to learn everything he could about brain health and performance. For the better half of a decade, he consumed the most up-to-date scientific research, talked to dozens of leading scientists and clinicians around the world, and visited the country's best neurology departments—all in the hopes of understanding his mother's condition. Now, in Genius Foods, Lugavere presents a comprehensive guide to brain optimization. He uncovers the stunning link between our dietary and lifestyle choices and our brain functions, revealing how the foods you eat directly affect your ability to focus, learn, remember, create, analyze new ideas, and maintain a balanced mood. Weaving together pioneering research on dementia prevention, cognitive optimization, and nutritional psychiatry, Lugavere distills groundbreaking science into actionable lifestyle changes. He shares invaluable insights into how to improve your brain power, including the nutrients that can boost your memory and improve mental clarity (and where to find them); the foods and tactics that can energize and rejuvenate your brain, no matter your age; a brain-boosting fat-loss method so powerful it has been called “biochemical liposuction”; and the foods that can improve your happiness, both now and for the long term. With Genius Foods, Lugavere offers a cutting-edge yet practical road map to eliminating brain fog and optimizing the brain's health and performance today—and decades into the future!

How Yoga Works Eleanor Criswell 1987-01-01 The Diamond Cutter Geshe Michael Roach 2009 Originally published in hardback, c2000 -- T.p. verso. The Science of Yoga William J Broad 2012-02-07 Examine the health claims of modern yoga, drawing on scientific and cultural research to offer advice on how to recognize authentic yoga practice and gain actual benefits. Sometimes I Act Crazy Jerold J. Kreisman, M.D. 2006-04-14 A source of hope, expert advice, and guidance for people with borderline personality disorder and those who love them Do you experience frightening, often violent mood swings that make you fear for your sanity? Are you often depressed? Do you engage in self-destructive behaviors such as drug or alcohol abuse, anorexia, compulsive eating, self-cutting, and hair
pulling? Do you feel empty inside, or as if you don’t know who you are? Do you dread being alone and fear abandonment? Do you have trouble finishing projects, keeping a job, or forming lasting relationships? If you or someone you love answered yes to the majority of these questions, there’s a good chance that you or that person suffers from borderline personality disorder, a commonly misunderstood and misdiagnosed psychological problem affecting tens of millions of people. Princess Diana was one of the most well-known BPD sufferers. As a source of hope and practical advice for BPD sufferers and those who love them, this new book by Dr. Jerold J. Kreisman and Hal Straus, bestselling authors of I Hate You, Don’t Leave Me, offers proven techniques that help you: * Manage mood swings * Develop lasting relationships * Improve your self-esteem * Keep negative thoughts at bay * Control destructive impulses

Understand your treatment options * Find professional help

Light on Life B.K.S. Iyengar 2006-09-19 B.K.S. Iyengar—hailed as "the Michelangelo of yoga" (BBC) and considered by many to be one of the most important yoga masters—has spent much of his life introducing the modern world to the ancient practice of yoga. Yoga's popularity is soaring, but its widespread acceptance as an exercise for physical fitness and the recognition of its health benefits have not been matched by an understanding of the emotional, intellectual, and spiritual development that the yogic tradition can also offer. In Light on Life, B.K.S. Iyengar brings readers this new and more complete understanding of the yogic journey. Here Iyengar explores the yogic goal to integrate the different parts of the self (body, emotions, mind, and soul), the role that the yoga postures and breathing techniques play in our search for wholeness, the external and internal obstacles that keep us from progressing along the path, and how yoga can transform our lives and help us to live in harmony with the world around us. For the first time, Iyengar uses stories from his own life, humor, and examples from modern culture to illustrate the profound gifts that yoga offers. Written with the depth of this sage's great wisdom, Light on Life is the culmination of a master's spiritual genius, a treasured companion to his seminal Light on Yoga.

The Garden Geshe Michael Roach 2009-03-25 With The Garden, centuries of Tibetan Buddhist wisdom are brought to life for readers by one of its greatest Western teachers, Michael Roach. Through a parable in which a young man is brought into a mystical garden by a beautiful embodiment of Wisdom, Roach presents the pantheon of great Tibetan teachers. The nameless seeker lured to the garden meets the dominant historical figures who have contributed fundamental teachings to Tibetan Buddhism, such as Tsong Khapa, the first Dalai Lama, and Master Kamalashila. Unique among works of Buddhism now available, The Garden is destined to become a classic for its lucid revelation of the secrets of the Tibetan tradition and for the wisdom Geshe Michael Roach evokes.

A Death on Diamond Mountain Scott Carney 2015-03-17 An investigative reporter explores an infamous case where an obsessive and unorthodox search for enlightenment and wisdom, Light on Life is the culmination of a master's spiritual genius, a treasured companion to his seminal Light on Yoga.

Yoga Anatomy Leslie Kaminoff 2011-10-28 The best-selling anatomy guide for yoga is now updated, expanded, and better than ever! With more asanas, vinyasas, full-color illustrations, and thousands of new images, it is better than ever! With more asanas, vinyasas, full-color illustrations, and thousands of new images, it is the definitive guide to understanding the poses and principles of yoga.
anatomical illustrations, and in-depth information, the second edition of YogaAnatomy provides you with a deeper understanding of the structures and principles underlying each movement and of yoga itself. From breathing to inversions to standing poses, see how specific muscles respond to the movements of the joints; how alterations of a pose can enhance or reduce effectiveness; and how the spine, breathing, and body position are all fundamentally linked. Whether you are just beginning your journey or have been practicing yoga for years, Yoga Anatomy will be an invaluable resource—one that allows you to see each movement in an entirely new light. With Yoga Anatomy, Second Edition, authors Leslie Kaminoff and Amy Matthews, both internationally recognized experts and teachers in anatomy, breathing, and bodywork, have created the ultimate reference for yoga practitioners, instructors, and enthusiasts alike.

Yoga Assists  Sharon Gannon 2014-07-01 The founders of Jivamukti Yoga outline the fundamental principles of the assist, and how to apply them in practice and service to others. The benefits of both giving and receiving an assist—the extraordinary mind/body/spirit connection between yoga teacher and student—depend on knowing what an assist is, and fully understanding the method of Jivamukti itself. Though “corrections”—with teachers who fixed students’ mistakes—had evolved to “adjustments,” the world-renowned founders of the Jivamukti Yoga method recognized this still suggested that changes to one’s technique were necessary. In this book, they use “assist” to communicate the idea of two beings interacting on various levels of consciousness to bring into focus the five central tenets of Jivamukti: Shastra (or scripture), devotion, nonviolence, music, and meditation. From cultivating trust and patience to final relaxation and massage, this step-by-step, fully illustrated guide—featuring dozens of asanas—explores the giving of yoga as an art, a flowing dance of body, breath, and energy between two connected beings. Whether we receive or give, an assist is an active process in the resolution of a relationship between teacher and student, a microcosm of the flowing interrelationship among all people, and all species.

Sunlight on the Path to Freedom Drakpa Shedrup 2020-10-06 The Diamond Cutter Sutra is one of the most famous Buddhist books of all time; it was taught by the Buddha 25 centuries ago, and then spread throughout India, China, Tibet, Japan, and many other countries. The Chinese edition seen here is the oldest printed book in the world with a date inside. The sutra focuses on the concept of emptiness, which is a key to success and happiness in the modern world, if we get a good explanation of how to apply it at work and at home. Emptiness has been widely misunderstood though, throughout history—and there are very few clear explanations of the Diamond Cutter. Perhaps the best ever written is Sunlight on the Path to Freedom, by Choney Lama Drakpa Shedrup, a Tibetan sage who lived 1675-1748. Our first complete woodblock manuscript for this masterpiece was discovered in the Oriental Library of the Russian Academy of Sciences by staff of the Asian Classics Input Project. The translation is the first ever undertaken into English of this crucial text, and includes a wonderful summary on the idea of emptiness, and how this can be used in real life.


Hardcore Zen Brad Warner 2015-12-01 Zen, plain and simple, with no BS. This is not your typical Zen book. Brad Warner, a young punk who grew up to be a Zen master, spares no one. This bold new approach to the "Why?" of Zen Buddhism is as strongly grounded in the tradition of Zen as it is utterly revolutionary. Warner's voice is hilarious, and he calls on the wisdom of everyone from punk and pop culture icons to the Buddha himself to make sure his points come through loud and clear. As it prods readers to question everything, Hardcore Zen is both an approach and a departure, leaving behind the soft and lyrical for the gritty and stark perspective of a new generation. This new edition will feature an afterword from the author.