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Tending The Heart Fire Living

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Tending the Heart Fire: Living in Flow
with the Pulse of Life. "We are created in
rhythm, kept alive in rhythm, evolve
through rhythm. Tides, breath, and
blood flow in rhythm. We are born into a

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universe of currents, and our heart is the great conductor of the body, orchestrating our flow."

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potential at this turning point in time, to reconnect your life to the rhythms of your body and the natural world—to live in flow with the pulse of life.

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

Tending the Heart Fire is a life-guide book, an offering of meditations

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centered on the innate wisdom of our heart and the rhythm of the seasons. - The book includes more than 108 such meditations, ranging from sound to movement, and from ayurvedic health practices for balancing our inner fire, or samagni, to ritual bonfires for the solstice.

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**Tending the Heart Fire: Living in
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In her newest book, Tending the Heart Fire: Living in Flow with the Pulse of Life (Sounds True), Shiva combines meditation, rituals, and everyday practices drawn from around the world, including yoga, Ayurveda, Tantra, and recent scientific breakthroughs, to

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create a guide to becoming what she calls “a firekeeper of the sacred heart.”
Shiva Rea

Tending The Heart Fire - Rewire Me
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reconnect your life to the rhythms of your body and the natural world—to live in flow with the pulse of life.

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

Tending the Heart Fire: Living in Flow with the Pulse of Life is Shiva Rea's latest offering to the expanding canon of

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yoga literature. The book, which for the most part is devoid of asana or practice sequences, is an extensive combination of Tantric texts, yogic history and Rea's own practice.

Book Review: 'Tending the Heart Fire: Living in Flow with ...

Embodying the Heart Fire: The Science

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Meditations for Tending the Heart Fire.
CHAPTER FOUR. Movement Meditation:
Connecting to the Source of Movement.
CHAPTER FIVE. Yoga Alchemy: Energetic
Vinyasa and the Flow of Rasa. CHAPTER
SIX. Heart Fire Meditations and Life
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Tending the Heart Fire - Sounds True

Tending the Heart Fire is not a cliché or a romanticism but is instead a tangible, practical, instinctual way of transforming the conditioned patterns that limit the flow of love. These micropractices are part of a natural way of tending the

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Heart Fire—of generating love, presence, and wisdom—at times fierce and passionate, at other times tender and calm in the midst of all the activity ...

51 Meditations for Tending the Heart Fire | Spirituality ...

An illustrated guide for reconnecting with the sacred pulse of the heart and

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Tending the Heart Fire: Living in

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Flow with the Pulse of ...

Tending the Heart Fire is a book to cherish, to keep by your bedside or meditation mat, and to inspire your contemplation and practice for years to come.--Sally Kempton, author of Meditation for the Love of It and Awakening Shakti "According to ancient Vedic scripture, the heart is the central

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place of consciousness.

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