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AudioBook, Paperback, and PDF eBook "Samyama - Stillness in Action, Siddhis and Miracles" covers a
powerful yoga practice that has been shrouded in mystery for centuries. Yet, it is as close to us as our
most immediate hopes and dreams, for it is the principles of Samyama that are operating behind
everything good that is happening in our life. The key methods of Samyama are covered here, simplified
to enable anyone to engage in daily practice leading to profound results. Our deepest desires can be
enlivened by systematically letting go into our inner silence. Whatever we surrender will come back to us
a thousand-fold, purified in a divine outpouring. This is "Stillness in Action." Yogani is the author of two
landmark books on the world's most effective spiritual practices: "Advanced Yoga Practices - Easy
Lessons for Ecstatic Living," a comprehensive user-friendly textbook, and "The Secrets of Wilder," a
powerful spiritual novel. The "AYP Enlightenment Series" makes these profound practices available for
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