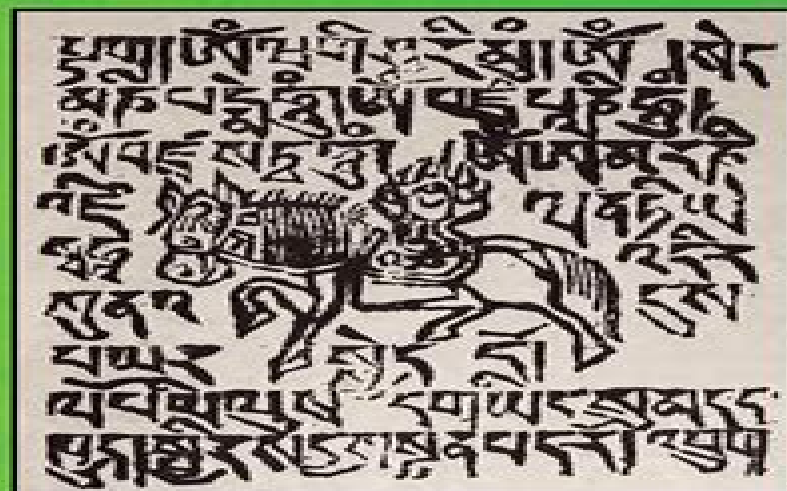




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THE LOTUS AND THE STARS

The Way of Astro-Yoga

by Rob MacGregor &
Trish MacGregor

Lotus And The Stars The Way Of Astro Yoga

Sebastian Brünink



Lotus And The Stars The Way Of Astro Yoga:

The Lotus and the Stars Rob MacGregor, Trish MacGregor, 2020-12-08 In *The Lotus and the Stars* the disciplines of yoga and astrology are intertwined to allow practitioners to draw on the energies of the sun signs and the planets through specific yoga postures Possess the energy of Aries the ambitions of Capricorn or the spiritual insight of Pisces Practice other postures to gain the mental agility of Gemini the intensity and sexuality of Scorpio or the creativity of Aquarius Whatever sun sign is targeted or whichever attribute is needed this groundbreaking method helps the body become a vehicle for transforming one's life *The Lotus and the Stars* is simple enough for the yoga novice but even experienced yoga practitioners will find new meaning in standards such as the sun salutation when they see how the intent associated with a posture can enhance the benefit *The Lotus and the Stars* is a natural blending of two ancient and popular disciplines that are directed to the same goal discovering and empowering the self In this book readers learn how to draw on the energy associated with each sign To do this instructions for personalizing workouts plus modifications for different levels of flexibility time available and personal preferences and needs are included throughout The authors demonstrate the effectiveness of the techniques with true stories of students who have found astro yoga helpful in their lives They also suggest ways to use the workouts to handle common situations and problems

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dissertations and master s theses Entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest **Star Power** Rob MacGregor,Megan MacGregor,2016-05-09 In *Star Power Astrology for Teens* you ll discover everything you need to know about your Sun sign and your Moon sign and especially the combination of the two You ll learn more about yourself and your friends if you know their birth information birthday time and location You ll discover how the positions of the stars at your birth have an affect on your personality the kinds of people to whom you are attracted what you look for in friends your pet peeves your talents and abilities your intuitive intelligence and even the types of people with whom you get along best Creative Stars Trish MacGregor,T. J. MacGregor,2002-01-02 A longtime astrologer and veteran author and novelist brings together fascinating insights and useful observations about the role astrology plays in nurturing courage determination and vision as well as the inhibiting influences of fear competition perfectionism and other blocks **Your Story in the Stars** Trish MacGregor,2016-08-30 The motion of the planets in relation to your Sun sign describes your evolution as a human being from birth to death Once you understand the nature of the planets and the broad themes of the Sun signs astrology becomes another way of telling the story And in this story you re the protagonist the main player from the Introduction Astrologer Trish MacGregor breaks new ground with an accessible entertaining way to understand and make use of the astrological information contained in your birth date With clear language and plenty of examples *Your Story in the Stars* explains how your Sun sign represents a theme for your life s story for example Aries lives out a warrior theme Cancer is an intuitive nurturer Libra is a mediator Factor in the other planets and their positions on your birthday and a deeper sense of self emerges Add to that clear dates when planets will move from one position to another transits and you can even predict plot twists in your future This fun authoritative book makes astrology relevant for the novice and even more useful for the passionate fan *Jewel in the Lotus* Rob MacGregor,2015-02-02 Over the past few decades meditation has evolved from a fringe practice to a mainstream stress reduction technique that your family doctor might recommend But how do you enter the doorway to a meditation practice if you don t have time to join a class You begin by taking up a solo practice squeezing in five to twenty minutes here and there However meditating on your own tends to leave unanswered the daunting question of how you quiet your mind That s where *Jewel in the Lotus Meditation for Busy Minds* will help The book provides all that is needed to begin a practice in an easy to read style with a variety of techniques as well as anecdotes from the author s years of practice and teaching Readers will appreciate the spiritual but non dogmatic non religious style that pervades the author s teachings **Yoga Journal** ,2001-11 For more than 30 years *Yoga Journal* has been helping readers achieve the balance and well being they seek in their everyday lives With every issue *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty **Subject Guide to Books in Print** ,1971 **Books In Print 2004-2005**

Ed Bowker Staff, Staff Bowker, Ed, 2004 **Yoga Journal** ,1995-12 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty *Ayurvedic Astrology* David Frawley, 2006-06-13 Frawley examines disease factors from an astrological perspective and goes in depth into astrological remedial measures particularly gem therapy The text also contains many notable example charts Guide to the American Occult ,1986 *The Judicial Customs of Nepal* Kaisher Bahadur K. C., 1971 *New Age* ,1981 **Antiquarian Bookman** ,1960 **New Age Journal** ,1994 Independent Publisher ,1999 **AB Bookman's Weekly** ,1987-11
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