

Erich Schiffmann on yoga, love, and freedom

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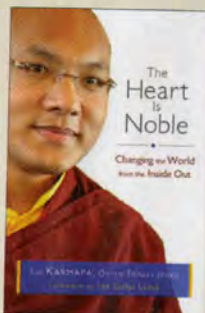
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## Inspiration from Other Traditions

### The Heart Is Noble: Changing the World from the Inside Out

By The Karmapa, Ogyen Trinley Dorje



We've come to expect Buddhist wisdom to be cloaked in the guise of elderly benevolence. But the teachings take many forms, as evidenced

by this kind and cogent book of thoughts, adapted from conversations between the 20-something Karmapa—the 17th incarnation of his lineage—and a group of California college students. His point of view, while timeless, also shows a contemporary flair. It's hard to imagine the Dalai Lama discoursing at length about gender identity and food justice, or making Spider Man references. But despite the Karmapa's somewhat modern trappings, traditional Buddhism lies at the core of his words. He warns against allowing anger to control our actions and advises compassion even in the most difficult situations. The Buddha used his own

intelligence, he says, to find the meaning of life “within his own noble heart. We all have the potential to do this.”

This collection is a fresh manifestation of an age-old truth.

—Neal Pollack

### The Lunar Tao: Meditations in Harmony with the Seasons

By Deng Ming-Dao

Deng Ming-Dao's grandfather engraved wisdom on the face of time when he wrote the Confucian epigram, “Esteem virtue; accept everyone” on his wall clock. Time has its flow, and wisdom moves with it, day by day. *The Lunar Tao* is a triumph of this flow, measuring the wisdom of days by the cycles of the moon. This novel design alone sets *The Lunar Tao* apart from most day-



books. But, even more to the point, Ming-Dao's lovely offering, filled with philosophical observations, endearing illustrations, bits of cultural knowledge, excerpts from classical texts, and qigong exercises,

allows the reader to learn something new every day. Ming-Dao wholeheartedly follows his grandfather's injunction: Share with them in the esteeming of virtue.

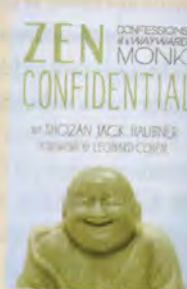
—Keith Belcher

### Zen Confidential: Confessions of A Wayward Monk

By Shozan Jack Haubner

The life of a Zen monk is less a state of constant enlightened bliss and more something closer to a private hell—at least that's the organizing principle of this outrageously profane book of essays by an ordained monk and failed Hollywood screenwriter. The entire first chapter involves lessons learned from maintaining a monastery's compost pile. Though Haubner is only about half as wacky as he appears to believe, this book is still full of laughs and twisted, almost perverted, wisdom.

—N.P.



### The Curve of the World Into the Spiritual Heart of Yoga

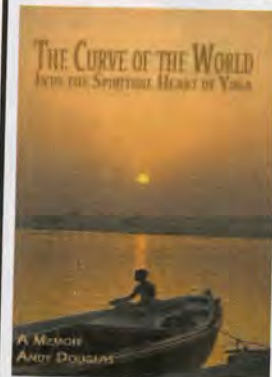
A Memoir by Andy Douglas

“This book chronicles the journey of one American soul willing to risk everything in search of a more meaningful and satisfying experience. It will bump you out of the well-worn ruts of status quo religion, taking you to places you've never been before.” -Tim Bascom

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awareness can build a strong, fluid core. Yee's anatomical and postural expertise can be applied to poses across the board, lending deeper insights into your whole asana practice. Unlike most yoga DVDs, Yee speaks to you directly—without the use of voice-overs—which creates a natural atmosphere and sets a realistic pace for viewers at home. Don't expect a typical yoga class sequence: here, Yee teaches deep anatomy and body mechanics. Highly recommended for yoga instructors and adept practitioners.

—Shawn Laster