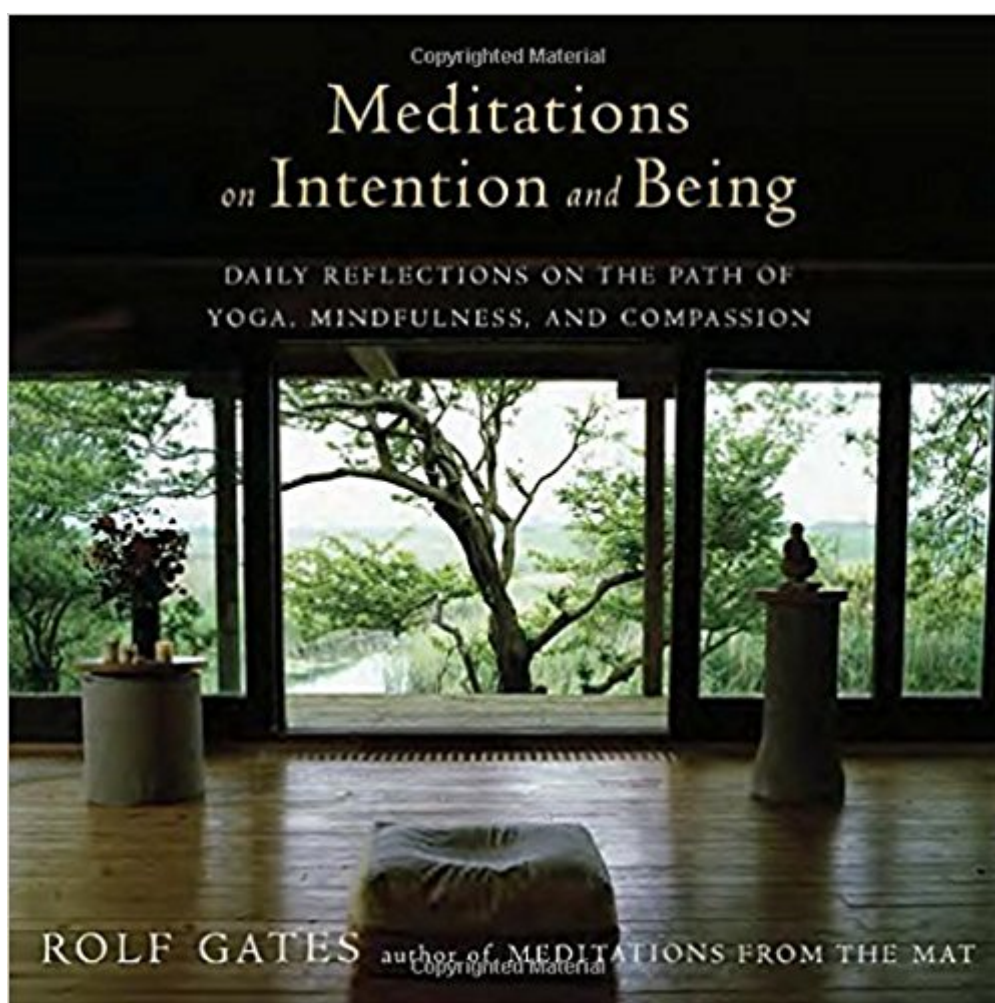


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# Meditations On Intention And Being: Daily Reflections On The Path Of Yoga, Mindfulness, And Compassion (An Anchor Books Original)



## Synopsis

Yoga has never been more popular. Throughout the United States, people are turning to this ancient practice as a response to the pressures of today's hectic world. In *Meditations on Intention and Being*, acclaimed yoga teacher Rolf Gates draws on twenty years of teaching experience to explore and explain how to take the mindfulness of yoga off the mat and integrate it into every aspect of life. Presented in the form of 365 inspirational daily reflections, Gates helps readers "from experienced yogis to novices seeking a little tranquility" to fundamentally reconsider their relationships with their minds, bodies, and the universe around them through self-reflection. Over the course of seven chapters, he explores Effortlessness, Nonviolence, The Spirit of Practice, Mindfulness, Compassion and Loving-kindness, Equanimity and Joy, and Intention and Being, giving readers the tools they need to effect positive changes in their lives.

## Book Information

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## Customer Reviews

"An absolute gift." Rolf is able to take profound teachings and make them both personal and accessible. It's like having a wise, compassionate friend in your ear, guiding you toward your own well-being. • "Gabrielle Bernstein, New York Times bestselling author of *Miracles Now*"

"Rolf Gates offers a deeply personal, and universally applicable, study of the core practices that are embedded in the ancient systems of yoga and Buddhism, with a wholly unique perspective and voice for the contemporary age." • "David Lipsius, CEO, Kripalu Center for Yoga & Health"

âœGates reveals himself as a teacher whose intimacy, honesty, and larger intention to live and love well bring forth jewels of wisdom in this precious collection.â•

â• â”Shiva Rea, creator, Prana Vinyasa, author of *Tending the Heart Fire: Living in Flow with the Pulse of Life*âœRolf presents his wealth of yoga knowledge and his life experiences in such a way that you feel encouraged to follow suit. He combines the more complex teachings of Buddha with specific examples that guide the reader through very meaningful and accessible chapters. Not only does he talk the talkâ”he walks the walk, too.â•

â• â”Kathryn Budig, yoga teacher and author of *Aim True* âœMeditations on Intention and Being is a wonderful balance between personal story and traditional Eastern philosophy, and offers an inspirational and informed perspective on the place of yoga, mindfulness, and compassion in our everyday lives.â•

â• â”Beryl Bender Birch, author of *Power Yoga and Yoga for Warriors* âœRolf has done it again. These reflections are so down to earth and practical that you relax just reading them. If you are interested in living your life from the inside out, this is the book you want to start your day with.â•

â• â”Congressman Tim Ryan, author of *A Mindful Nation: How a Simple Practice Can Help Us Reduce Stress, Improve Performance and Recapture the American Spirit* âœInspiring and accessible. Rolfâ™s intimate writing about his own life journey demonstrates to the reader how to apply the key teachings from yoga and mindfulness in every day life.â•

â• â”Phillip Moffitt, author of *Dancing with Life* and *Emotional Chaos to Clarity* âœGatesâ™ searching meditations on lifeâ™s pains and imperfections, and the huge challenges we face in meeting those pains with compassion, are among the most eloquent I have read in modern yoga literature.â•

â• â”Rob Schwart, executive director, the Give Back Yoga Foundation; president, the Yoga Service Council âœFilled with beautifully polished reflections of life and ancient wisdom teachings. Rolfâ™s personal honesty and ability to craft a lush story make page after page a brilliant, insightful gift.â•

â• â”R. Nikki Myers, founder Y12SR (The Yoga of 12-Step Recovery) âœMeditations on Intention and Beingâ whispers us through a heartfelt journey into both inward and outward dimensions. This book challenges the reader, but more importantly, supports and instills hope. I recommend it for anyone seeking to live a better, more fulfilling life.â•

â• â”Matthew Sanford, president-CEO, Mind Body Solutions; author of *Waking* âœMeditations on Intention and Being is a gift of Rolfâ™s accessible and uncanny wisdom that we can enjoy from our own favorite chair, sofa, or yoga mat right at home.â•

â• â”Brian Leaf, author of *Misadventures of a Garden State Yogi* âœA masterful work of art. My heart is more open, my mind is quieter, and my purpose is clearer after reading this extraordinary book.â•

â• â”Sarah Gardner, founder, *Yoga Reaches Out* âœAn excellent guide to further all of us down our personal path of knowledge and understanding. As Rolf talks about how some of these life lessons came to him, we see how they

often appear in simple, everyday occurrences. As he points out, we should take these teachings where we find them and apply them however works. So no matter what happens, no matter where we find ourselves in the metaphorical sense, just keep paddling. • "Gerry Lopez, legendary surfer, actor, and author of *Surf is Where You Find It* • Rolf speaks to us out of his own struggles and learnings, his own ongoing path of growth, and his own authenticity, humility, and self-compassion. • "Gordon Wheeler, president, Esalen Institute

Rolf Gates, author of the acclaimed book on yogic philosophy, *Meditations from the Mat: Daily Reflections on the Path of Yoga*, conducts yoga workshops, retreats, teacher trainings, and coaching and mentorship programs throughout the U.S. and abroad and online. Rolf and his work have been featured in numerous media, including *Yoga Journal*, *ORIGINS*, *Natural Health*, *People Magazine*, and *Travel and Leisure*'s 25 Top Yoga Studios in the World. Rolf is the co-founder of the Yoga, Meditation and Recovery Conference at the Esalen Institute in Big Sur, California and the Kripalu Center for Yoga and Health in Lenox, Massachusetts and a teacher at Spirit Rock Insight Meditation Center in Northern California. He is also on the Advisory Board for the Yoga Service Council and the Veterans Yoga Project. A former addictions counselor and U.S. Army Airborne Ranger who has practiced meditation for over twenty-five years, Rolf brings his eclectic background to his practice and his teachings. Rolf and his wife, Mariam Gates, author of *Good Night Yoga: A Pose by Pose Bedtime Story*, live in Santa Cruz, California with their two children.

I loved meditations from the mat. I have now found a studio here with teachers trained by Rolf Gates. My first experience with them has been amazing. In regards to this book, my interest in yoga in people with PTSD and trauma has been on going for a few years now. Mindfulness, the study of and practice I believe is one of the most effective ways to heal from trauma or if nothing else manage it. My life has changed completely from both yoga and mindfulness. It is not an easy fix but it is worth every step it took to get here. Without meditation, yoga and staying present I can't imagine where I would be. This book is a great way to start your meditation practice, to do before yoga or just to remind us to stop and get present. When I stay present and honor my intentions I stay on track with my life. When I have a difficult day mindfulness and meditation pulls me back to the mat and my life. In time I learned I could live with my past and really appreciate the present moment. This is an important book considering all the uncertainty going on in the world today. Truly am grateful for this book and Mr. Gates. I have heard over and over when the time is right the

teacher will appear. I am grateful for the wisdom in both books, this one especially. Thanks to for such quick delivery during the holidays.

This is a stunning and beautiful book. I have been a yoga practitioner for over 16 years and a teacher since 2009. I have had a daily meditation practice for several years. I had the privilege of receiving a galley copy of this book before its' release. I have sat with it every morning after meditation for two months. Rolf's ability to bring in his experiences in a way that is relatable, down to earth and profound at the same time is his genius. This book lands truths in the mind, body and heart that are a testament to the wisdom and grace available in the practices of yoga and meditation. The voice of the writing seems effortless and reads like silk. Each entry carefully leads to a deeper insight at its conclusion as surely as steps in walking meditation or the inbreath and outbreath of sitting meditation. Each entry, for me, imparts the felt experience of meditation. It is already dog-eared and much loved by my students and myself. I am deeply grateful for this amazing and lucid book.

I gave it a four only because everyone I know think its a 5 and the book is heart felt - ie written.... Its very deep and I find i must reread a lot of the content.... I've put it away for awhile... but will play to return to see if i still feel the same.

I purchased the Kindle edition of this first, but decided that I also need the print version so that I can write in it. Even if you don't do yoga, the insights offered by this book are still applicable to daily life. My horizons have been expanded by Rolf's writing, and I find inspiration in this book every time I read it.

The Master teacher has, again, produced a masterful work of art. Authentic and real, this work is instantly a timeless classic. Rolf weaves Yogic philosophy and the wonders of his life's journey into a guide which is relevant, accessible and timely. This beautiful work is filled with wisdom teachings that at once move the reader and provide for deeper contemplation. Such provocative literary work is a must read for the yoga practitioner as well as anyone looking for a useful tool to move into their own stillness, their own truth. Thank you for being vulnerable by sharing your truth with us all Rolf. It's a gift!

Wonderful! I really was looking for a guide to be more immersed in yoga daily living. I so enjoyed

this book that I purchased Gate's first book, and I can say that both are worthwhile, but there is a span of 14 years between writings, which makes a difference in the author's own development and viewpoints. Both are very valuable, thank you!

As a yoga and meditation teacher, I value the the personal lessons that Rolf shares from his own life's journey. Through his beautiful writing and exquisite descriptions of how yoga, mindfulness, and compassion influences his daily life, he gently invites his readers to explore how to integrate these practices into their own lives. He encourages us to imagine what's possible when we "choose faith and flow over fear and control." Thank you, Rolf, for sharing your brilliant light!

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