

## **FOUR DESIRES**



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### **The Four Desires**

The Four Desires Monday, November 14, 2011. Week 4: Creating Your Departure Point. This week we read and reviewed chapters 14 - 16. We did the "Relax Into Greatness" meditation, which is yoga nidra (deep relaxation/"yogic sleep"). We did a quick 5 minute exercise of writing our individual sankalpas over and over and over again, to discover what

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### **The Four Desires Workshop Welcome to Yoga Shala Charlotte**

The Four Desires is a truly life-changing process, one that will lead you to your heart's desires and to a complete and balanced life. A step-by-step process, it will enable you to fulfill your destiny, achieve lasting happiness, and to make the contribution to the world that only you can make.

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### **Introduction to the Four Desires Dharma Artha Kama and**

Purushartha, or the four desires of the soul, will give you the answer. When you learn the four desires and live from them, your life has more joy, clarity, peace, and abundance. Sue explains each of them dharma, artha, kama, and moksha and the roles they play in our lives. She comments that you need to live from all four desires in order to thrive and lead a fulfilling life.

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### **Fourdesire**

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### **Yoga and Your Soul's Four Desires HuffPost**

These four desires are inherent aspects of your soul or essence. Your soul uses them for the purpose of fulfilling its unique potential.

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### **Rod Stryker Home Facebook**

Rod Stryker, Carbondale, CO. 23K likes. Founder of ParaYoga and author of The Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom.

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### **The Four Desires Workbook Rod Stryker 9781495149047**

The Four Desires Workbook [Rod Stryker] on Amazon.com. \*FREE\* shipping on qualifying offers. This is the workbook and action companion to The Four Desires book; it is intended to make it easy for you to complete the process detailed in the book.

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