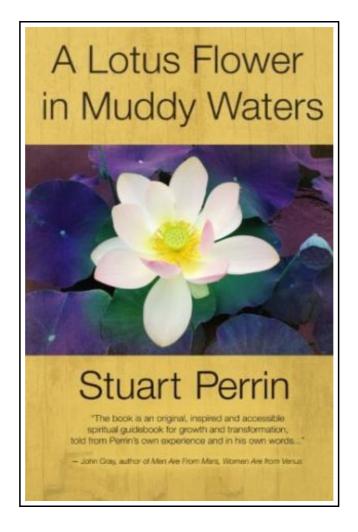
# A Lotus Flower in Muddy Waters (Paperback)



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# Reviews

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## A LOTUS FLOWER IN MUDDY WATERS (PAPERBACK)



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Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This timeless book, A Lotus Flower in Muddy Waters by Stuart Perrin, is one of the most important, revelatory, and generously written studies of its kind in contemporary spiritual literature - a twenty-first century guidebook for actualizing one s inner life. It explores the practice of Kundalini Yoga s therapeutic, spiritual and esoteric applications and is as relevant to modern day seekers as Sri Swami Yogananda s Autobiography of a Yogi was to those who read it in the twentieth-first century. Author and teacher, Stuart Perrin, was born in New York City. As a child, he exhibited unusual spiritual gifts and sought to learn and understand the deepest teachings of eastern and western religions. After years of domestic and international travel in search of a guru, Mr. Perrin returned to his home in New York where he met Rudi (Swami Rudrananda). Thus began his initiation into what would become a lifetime of personal growth that culminated in mastery of Kundalini Yoga and the ability to pass on teachings, techniques and benefits of the spiritual practice he originally learned from Rudi. A Lotus Flower in Muddy Waters shares with the reader profound and ageless teachings. The following quotes from the book (just a small sample) show the relevance of Mr. Perrin s insights into contemporary life: Within every person there s a voice that guides him or her to higher levels of consciousness, a voice that speaks from the heart. We have to learn to trust it. It sour teacher; or, The less ego we have cluttering up our inner lives, the more room there is for spiritual energy, but people cling to anxiety and neurosis out of familiarity....

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