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The guru is in you.

Yogani

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# **Deep Meditation**

**Pathway to Personal Freedom**

**Yogani**

**From The AYP Enlightenment Series**

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## Further Reading and Support

Yogani is an American spiritual scientist who, for more than thirty years, has been integrating ancient techniques from around the world which cultivate human spiritual transformation. The approach he has developed is non-sectarian, and open to all. In the order published, his books include:

### ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living***

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### ***The Secrets of Wilder – A Novel***

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- ***Diet, Shatkarmas and Amaroli – Yogic Nutrition and Cleansing for Health and Spirit***
- ***Self Inquiry – Dawn of the Witness and the End of Suffering*** (1st half 2007)
- ***Bhakti and Karma Yoga – The Science of Devotion and Liberation Through Action*** (2nd half 2007)
- ***Eight Limbs of Yoga – The Structure and Pacing of Self-Directed Spiritual Practice*** (2nd half 2007)

For up-to-date information on the writings of Yogani, and for the free *AYP Support Forums*, please visit:

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***Deep Meditation*** is an easy-to-follow instruction book enabling you to systematically unfold inner peace, creativity and energy in your daily life.

Whether you are seeking an effective tool for reducing stress, improving your relationships, achieving more success in your career, or for revealing the ultimate truth of life within yourself, ***Deep Meditation*** can be a vital resource for cultivating your personal freedom and enlightenment.

Yogani is the author of two landmark books on the world's most effective spiritual practices: ***Advanced Yoga Practices – Easy Lessons for Ecstatic Living***, a comprehensive user-friendly textbook, and ***The Secrets of Wilder***, a powerful spiritual novel.

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