



Yoga Wisdom Cards (deck)

Swami Satchidananda

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Each of these 52 cards in this card deck, are filled with wisdom from the classical, contemplative Yoga tradition as taught by Yoga master Sri Swami Satchidananda, founder of Integral Yoga®. The front of each card contains an inspiring thought or affirmation to guide you on your journey toward inner peace and Self-realization. The quote is accompanied by an uplifting photo that conveys the spirit of the teaching through Yoga and meditation poses set amid the beauty of nature and the Light Of Truth Universal Shrine in central Virginia. The reverse side holds an expanded quote with further reflections on the thought or affirmation appearing on the front. In Yoga, all that we want is a balanced and contented mind. The more you run after things, the more they go away. If you are contented, things come to you by themselves, even if you don't want them. You should bring out the fragrance of happiness. When there is nice fragrance, when there is honey in you, you don't have to advertise for the bees to come to you. They just come. ~Swami Satchidananda

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