

## Kiss Of The Yogini

Kiss of the Yogini"Tantric Sex" in its South Asian ContextsUniversity of Chicago Press  
This book offers a social–scientific interpretation of the Hindu and Buddhist traditions of Tantra dating back 15 centuries. It is a self-reflexive study approached with an insider’s empathy and the perspective of an Indologist, anthropologist, mystic and practitioner of the cult. The work includes a discussion of non-modern Indic themes: mandala as a trope and its manifestations in South Asian regions such as Nepal; yoga and Indic individuality; the concept of bhoga; disciplined wellbeing; gender; and Indic axiology. Using personal praxis to inform his research, the author examines three core themes within Tantra — a ‘holonic’/mandalic individuality that conduces to mystical experience; a positive valorisation of pleasure and play; and cultural attitudes of gender-mutuality and complementarity, as neatly encapsulated in the icon of Shiva as Ardhanariswara. This analysis, as captured by the Tantric mandalas of deities in intimate union, leads to his compelling metathesis that Tantra serves as a permanent counterculture within the Indic civilization. This second edition, with a new Afterword, will greatly interest those in anthropology, South Asian studies, religious studies, gender studies, psychology and philosophy, as also the general reader.

In this groundbreaking work, the author presents a full translation of, and commentary on, the Hevajra tantra, providing not only deep insight into arguably the most important surviving tantric Buddhist text but also placing the entire corpus of such works into a more accurate context. Snellgrove presents the Hevajra tantra, and tantric texts of this class, not as degenerate products of a faith at the time in terminal decline in India-as has often been claimed by puritanical scholars-but rather as a wholly legitimate expression of esoteric ritual and meditative practice developed as a natural evolution within the madhyamika tradition. While based primarily on Nepalese manuscript editions of the text, Snellgrove makes extensive reference to the Tibetan translation as well as to extant Indian commentaries. The first half of the work comprises an introduction and the actual translation with detailed annotations, while the second consists of the Romanized original Sanskrit and Tibetan texts and an extensive glossary.

As David White explains in the Introduction to Tantra in Practice, Tantra is an Asian body of beliefs and practices that seeks to channel the divine energy that grounds the universe, in creative and liberating ways. The subsequent chapters reflect the wide geographical and temporal scope of Tantra by examining thirty-six texts from China, India, Japan, Nepal, and Tibet, ranging from the seventh century to the present day, and representing the full range of Tantric experience--Buddhist, Hindu, Jain, and even Islamic. Each text has been chosen and translated, often for the first time, by an international expert in the field who also provides detailed background material. Students of Asian religions and general readers alike will find the book rich and informative. The book includes plays, transcribed interviews, poetry, parodies, inscriptions, instructional texts, scriptures, philosophical conjectures, dreams, and astronomical speculations, each text illustrating one of the diverse traditions and practices of Tantra. Thus, the nineteenth-century Indian Buddhist Garland of Gems, a series of songs, warns against the illusion of appearance by referring to bees, yogurt, and the fire of Malaya Mountain; while fourteenth-century Chinese Buddhist manuscripts detail how to prosper through the Seven Stars of the Northern Dipper by burning incense, making offerings to scriptures, and chanting incantations. In a transcribed conversation, a modern Hindu priest in Bengal candidly explains how he serves the black Goddess Kali and feeds temple skulls lentils, wine, or rice; a seventeenth-century Nepalese Hindu praise-poem hammered into the golden doors to the temple of the Goddess Taleju lists a king's faults and begs her forgiveness and grace. An introduction accompanies each text, identifying its period and genre, discussing the history and influence of the work, and identifying points of particular interest or difficulty. The first book to

bring together texts from the entire range of Tantric phenomena, Tantra in Practice continues the Princeton Readings in Religions series. The breadth of work included, geographic areas spanned, and expert scholarship highlighting each piece serve to expand our understanding of what it means to practice Tantra.

New from celebrated poet and performer Anne Waldman - an edgy, visionary collection that meditates on gender, existence, passion and activism Mythopoetics, shape shifting, quantum entanglement, Anthropocene blues, litany and chance operation play inside the field of these intertwined poems, which coalesced out of months of protests with some texts penned in the streets. Anne Waldman looks to the imagination of mercurial possibility, to the spirits of the doorway and of crossroads, and to language that jolts the status quo of how one troubles gender and outwits patriarchy. She summons Tarot's Force Arcana, the passion of the suffragettes, and various messengers and heroines of historical, hermetic, and heretical stance, creating an intersectionality of lived experience: class, sexuality, race, politics all enter the din. These are experiments of survival.

Sixty-Four Yoginis: Cult, Icons and Goddesses deciphers the complex forms of the Yoginis by engaging with the subject historically, aesthetically, theologically and anthropologically; identifies the Yoginis of the temple, of the Puranas, of the tantric texts, of folklore and finally of the Yogini Kaula; and examines the different layers of the complex phenomena based on rigorous fieldwork in the hitherto untraversed terrains where the Yoginis have their abode. The actor-turned-travel writer meditates on how travel has helped him to overcome life-long fears and confront his resistance to commitment, tracing his soul-searching visits to such world regions as Patagonia, the Amazon, and Kilimanjaro.

This volume highlights the relevance of globalization and the insights of gender studies and religious studies for feminist theology. It focuses on the changing global contexts for the field and its movement towards new models of theology, distinct from the forms of traditional Christian systematic theology and of secular feminism.

Yoga Beyond Belief offers a unique vision of contemporary yoga. It integrates scientific and practical approaches providing a much-needed integrative perspective that complements existing yoga books for all levels and styles of yoga students. Serving up a collection of valuable insights gleaned from a lifetime of exploration, practice, study, and teaching by one of America's pioneering and leading teachers of yoga, the book assists readers in making sense of the many discordant claims and teaching techniques that currently exist in the yoga world, freeing readers to pursue their own individual paths of yoga and personal practice. This is an essential text and reference for all yoga practitioners. The book first sets a context for an open-minded and evolutionary approach to yoga practice, and then explains the core principles of the many branches of yoga. A clear foundation is given for how the physical practices of yoga work to produce remarkable results of health and well being. The chapter Injury, Pain, and Healing shows how to prevent injuries and how to heal injuries should they occur. The reader is given a wealth of sophisticated tools, insights, and anecdotes gleaned from a lifetime of practice and teaching to develop, hone, and tune his or her personal yoga approach. This book makes yoga come alive for the reader. The book concludes by going beyond the physical aspects to the heart of yoga. It illuminates and gives insight into the discovery of non-dogmatic forms and evolutionary approaches to meditation and spirituality. It presents a clear argument showing the pitfalls of regimented systems and how to make everything in daily life part of yoga practice and spiritual development. Ganga White gives us his unique and creative perspectives on a time-tested discipline for a healthy and vital life. Entertaining and thoroughly readable, this book offers a coherent explication of yoga, its philosophy and practice. White's integrative views will inspire beginners and accomplished yogis to trust their inner wisdom and creatively reassess their practice. He is a great storyteller and gives us his personal and creative perspective, breathing fresh air into an ancient discipline. Yoga Beyond Belief offers

an original, integrative approach to body, mind, and spirit that is practical, inspiring, and full of valuable insights to enliven and inform anyone's yoga practice.

Set in the same world as *The Promise of Amazing*, this smart, surprising, and romantic follow-up to Robin Constantine's debut novel follows two New Jersey teens as they become friends and fall in love. Perfect for fans of Sarah Mlynowski, Jenny Han, and Morgan Matson. Madison Pryce thinks she's got everything figured out—she's working on a portfolio for a summer art program and hanging with her friends. Plus she has her hot boyfriend, Zach. But then a visit from a family friend turns Maddie's life upside down. Jesse McMann is still reeling from a breakup that shattered his heart and his band. Then pride (and some goading from his bass player and fellow barista) forces him to find a new drummer—and the inspiration to write music again. Kismet arrives in the unlikely form of Grayson Barrett, who tries out for Jesse's band, and whose girlfriend is BFFs with the cute girl who orders a chai latte after yoga every Thursday: Maddie. What Jesse and Maddie thought they knew about the secrets of attraction and the rules of romance changes once they start falling for each other.

A richly illustrated tapestry of interwoven studies spanning some six thousand years of history, *Dæmons Are Forever* is at once a record of archaic contacts and transactions between humans and protean spirit beings—dæmons—and an account of exchanges, among human populations, of the science of spirit beings: dæmonology. Since the time of the Indo-European migrations, and especially following the opening of the Silk Road, a common dæmonological vernacular has been shared among populations ranging from East and South Asia to Northern Europe. In this virtuoso work of historical sleuthing, David Gordon White recovers the trajectories of both the “inner demons” cohabiting the bodies of their human hosts and the “outer dæmons” that those same humans recognized each time they encountered them in their enchanted haunts: sylvan pools, sites of geothermal eruptions, and dark forest groves. Along the way, he invites his readers to reconsider the potential and promise of the historical method in religious studies, suggesting that a “connected histories” approach to Eurasian dæmonology may serve as a model for restoring history to its proper place at the heart of the discipline of the history of religions.

This guide is a successor to the much acclaimed *Birds of the Indian Subcontinent* by two of the same authors. Covering Pakistan, the superb plates are accompanied by a succinct text highlighting identification, voice, habitat, altitudinal range, distribution and status. The text is on facing pages to the plates, for easy reference and there are distribution maps for every species. Like previous guides covering Nepal, Bhutan, Northern India and Southern India, this guide is a perfect size for use in the field and will be an essential companion when visiting this region.

"An impressive and important cross-cultural study that has vast implications for history, religion, anthropology, folklore, and other fields. . . . Remarkably wide-ranging and extremely well-documented, it covers (among much else) the following: medieval Christian legends such as the 14th-century Ethiopian Gadla Hawaryat (*Contendings of the Apostles*) that had their roots in Parthian Gnosticism and Manichaeism; dog-stars (especially Sirius), dog-days, and canine psychopomps in the ancient and Hellenistic world; the cynocephalic hordes of the ancient geographers; the legend of Prester John; Visvamitra and the Svapacas ("Dog-Cookers"); the Dog Rong ("warlike barbarians") during the Xia, Shang, and Zhou periods; the nochoy ghajar (Mongolian for "Dog Country") of the Khitans; the Panju myth of the Southern Man and Yao "barbarians" from chapter 116 of the *History of the Latter Han* and variants in a series of later texts; and the importance of dogs in ancient Chinese burial rites. . . . Extremely well-researched and highly significant."—Victor H. Mair, *Asian Folklore Studies*

"At last, she arrives at the fatal end of the plank . . . and, with her hands crossed over her chest, falls straight downward, suspended for a moment in the air before being devoured by the burning pit that awaits her. . . ." This grisly 1829 account by Pierre Dubois demonstrates

the usual European response to the Hindu custom of satis sacrificing themselves on the funeral pyres of their husbands—horror and revulsion. Yet to those of the Hindu faith, not least the satis themselves, this act signals the sati's sacredness and spiritual power. Ashes of Immortality attempts to see the satis through Hindu eyes, providing an extensive experiential and psychoanalytic account of ritual self-sacrifice and self-mutilation in South Asia. Based on fifteen years of fieldwork in northern India, where the state-banned practice of sati reemerged in the 1970s, as well as extensive textual analysis, Weinberger-Thomas constructs a radically new interpretation of satis. She shows that their self-immolation transcends gender, caste and class, region and history, representing for the Hindus a path to immortality.

For those who wonder what relation actual Tantric practices bear to the "Tantric sex" currently being marketed so successfully in the West, David Gordon White has a simple answer: there is none. Sweeping away centuries of misunderstandings and misrepresentations, White returns to original texts, images, and ritual practices to reconstruct the history of South Asian Tantra from the medieval period to the present day. *Kiss of the Yogini* focuses on what White identifies as the sole truly distinctive feature of South Asian Tantra: sexualized ritual practices, especially as expressed in the medieval Kaula rites. Such practices centered on the exchange of powerful, transformative sexual fluids between male practitioners and wild female bird and animal spirits known as Yoginis. It was only by "drinking" the sexual fluids of the Yoginis that men could enter the family of the supreme godhead and thereby obtain supernatural powers and transform themselves into gods. By focusing on sexual rituals, White resituates South Asian Tantra, in its precolonial form, at the center of religious, social, and political life, arguing that Tantra was the mainstream, and that in many ways it continues to influence contemporary Hinduism, even if reformist misunderstandings relegate it to a marginal position. *Kiss of the Yogini* contains White's own translations from over a dozen Tantras that have never before been translated into any European language. It will prove to be the definitive work for persons seeking to understand Tantra and the crucial role it has played in South Asian history, society, culture, and religion.

*The Transformative Power of The Goddesses of Yoga* How do you live a life of spiritual awakening as well as outer abundance, inner freedom as well as deep intimacy? How do you serve the world selflessly, yet passionately celebrate your life? The sages of Tantra have known for centuries that when you follow the path of Shakti — the sacred feminine principle personified by the goddesses of yoga — these gifts can manifest spontaneously. Yet most of us, women as well as men, have yet to experience the full potential of our inner feminine energies. In *Awakening Shakti*, you will learn how to recognize and invite:

- Kali, bringer of strength, fierce love, and untamed freedom
- Lakshmi, who confers prosperity and beauty
- Saraswati, for clarity of communication and intuition
- Radha, who carries the divine energy of spiritual longing
- Bhuvaneshvari, who creates the space for sacred transformation
- Parvati, to awaken creativity and the capacity to love

With a wealth of meditations, visualizations, mantras, teachings, and beautifully told stories, *Awakening Shakti* provides a practical guide for activating the currents of the divine feminine in every aspect of your life. Sally Kempton has been studying and teaching the wisdom of yoga for 45 years. A highly regarded teacher of meditation and spiritual philosophy, she writes the popular *Yoga Journal* column "Wisdom." Sally teaches retreats, teleclasses and workshops internationally. She resides in Carmel Valley, California. Illustrator Ekabhumi Charles Ellik is a poet, artist, husband, student, and teacher of Classical Tantric Hatha Yoga. A student of Nepalese master painter Dinesh Charan, he also studied painting in the lineage of Harish Johari.

Tantra is a family of rituals modeled on those of the Vedas and their attendant texts and lineages. These rituals typically involve the visualization of a deity, offerings, and the chanting of his or her mantra. Common variations include visualizing the deity in the act of sexual union with a consort, visualizing oneself as the deity, and "transgressive" acts

such as token consumption of meat or alcohol. Most notoriously, non-standard or ritualized sex is sometimes practiced. This accounts for Tantra's negative reputation in some quarters and its reception in the West primarily as a collection of sexual practices. Although some today extol Tantra's liberating qualities, the role of women remains controversial. Traditionally there are two views of women and Tantra. Either the feminine is a metaphor and actual women are altogether absent, or Tantra involves the transgressive use of women's bodies to serve male interests. Loriliai Biernacki presents an alternative view, in which women are revered, worshipped, and considered worthy of spiritual attainment. Her primary sources are a collection of eight relatively modern Tantric texts written in Sanskrit from the 15th through the 18th century. Her analysis of these texts reveals a view of women that is generally positive and empowering. She focuses on four topics: 1) the "Kali Practice," in which women appear not only as objects of reverence but as practitioners and gurus; 2) the Tantric sex rite, especially in the case that, contrary to other Tantric texts, the preference is for wives as ritual consorts; 3) feminine language and the gendered implications of mantra; and 4) images of male violence towards women in tantric myths. Biernacki, by choosing to analyse eight particular Sanskrit texts, argues that within the tradition of Tantra there exists a representation of women in which the female is an authoritative, powerful, equal participant in the Tantric ritual practice.

On a dark evening in November 1862, a cheap coffin is buried in eerie silence. There are no lamentations or panegyrics, for the British Commissioner in charge has insisted, 'No vesting will remain to distinguish where the last of the Great Mughals rests.' This Mughal is Bahadur Shah Zafar II, one of the most tolerant and likeable of his remarkable dynasty who found himself leader of a violent and doomed uprising. The Siege of Delhi was the Raj's Stalingrad, the end of both Mughal power and a remarkable culture.

The gateways to wonder and delight are flung open wide for all to enter. At once a beautiful love song and an encyclopedia of yogic techniques, the cherished text known as the Vijnana Bhairava Tantra shimmers with new effulgence in Lorin Roche's *The Radiance Sutras*. Lorin brings us his unique perspective on each of 112 Sanskrit teachings, along with his one-of-a-kind guidance in how to meditate with, embody, and practice them—what he describes as "answering the call of the sutras you love." Here is an invitation to experience directly the ecstatic depths of yoga as revealed by the divine partners Shiva and Shakti, through an intimate exploration of: The divinity that is permeating your body at this very moment The alchemical power of Sanskrit Yoga meditation—harmonizing all the elements and levels of your being The depths of your connection to the energies of life Taken as a whole, this teaching is startling in its breadth and the huge range of human experience that it encompasses. This is a book to savor one phrase at a time, over a period of days or years or a lifetime. With *The Radiance Sutras*, yoga and meditation students everywhere can nurture their own relationship with these living wisdom teachings.

India, once a major civilizational and economic power that suffered centuries of decline, is now newly resurgent in business, geopolitics and culture. However, a powerful counterforce within the American academy is systematically undermining core icons and ideals of Indic culture and thought. For instance, scholars of this counterforce have disparaged the *Bhagavad Gita* as a dishonest book ; declared Ganesha s trunk a

limphallus ; classified Devi as the mother with apenis and Shiva as a notorious womanizer who incites violence in India.

Embrace your sexuality and discover your own source of erotic power! This step-by-step guide will take you on a Tantric journey of sexual exploration and personal empowerment. Mark A. Michaels and Patricia Johnson demystify the Tantric tradition, teaching you how to experience sexual pleasure with consciousness and intention. With renewed sexual confidence, you'll discover new ways to physically and spiritually satisfy your partner and yourself. This experiential book features selections from Tantric literature for reflection, meditative exercises, and practical techniques for exploring sexuality.

Discusses the Buddhist meaning of true love and how to attain it in the modern world. • Interweaves Tantric Buddhist teachings with modern concerns such as monogamy and contraception. • Gives a holistic view of a healthy relationship, from physical pleasure to emotional connections and spiritual transformation. • Discusses love in the broader Buddhist concepts of karma and reincarnation. Beginning his book with the ringing question "what are you waiting for?" Robert Sachs goes on to interweave traditional Buddhist thought with the concerns of the modern couple. Using clear, playful language, Sachs describes the different aspects of healthy relationships within a Buddhist context. However, rather than just setting an ideal, he clarifies how Buddhist practices not only can be integrated into a modern lifestyle but also can be powerful tools for the many changes that occur in any loving relationship. Sachs also considers the role of each individual in a relationship, showing that a couple may develop or possess qualities of being an indivisible unit, but that where the real work lies is when two people are committed to grow and change with one another. He offers techniques for finding oneself both in and out of a relationship and ideas on how to deal with anger and other emotions that arise in the course of life, emotions that occur most intensely over the course of an intimate relationship. The Passionate Buddha acts as a guide for all of those "fumbling toward ecstasy" in today's confusing world of relationships.

"In this powerful short fiction, Mary Gaitskill--whose searing honesty about gender relations has been legendary since the appearance of *Bad Behavior* in the 1980s--considers our moment through the lens of a particular #metoo incident. The effervescent and well-dressed Quin, a successful book editor and fixture on the New York arts scene, has long been one of Margot's best friends. When several women in his field accuse him of inappropriate touching and remarks, Gaitskill builds the account of his undoing through Quin and Margot's alternating voices, allowing readers to experience Quin as a whole person--one whose behavior toward women could be hurtful and presumptuous on the one hand, and keenly supportive on the other. Margot, an older woman who alternately despairs of and sympathizes with the positions of the younger women involved in Quin's case, is the thrumming engine of this remarkable piece of truth-telling. As Gaitskill has said, fiction is the only way that she could approach this subject, which she sees as subtly colored in shades of gray, rather than the black and white of our current conversations. Her compliment to her characters--and to her readers--is that they are unvarnished and real; her belief in our ability to understand them, even when we don't always admire them, is a beacon of humanity from one of our greatest contemporary writers"--

"*Sexual Secrets*" is the definitive and all-encompassing guide to sex and mysticism. No

book of this magnitude has ever appeared on the subject. The distillation of more than two thousand years of practical techniques for enhancing sexual awareness and achieving the transcendental experience of unity, "Sexual Secrets" explores the path of love and mysticism, making accesible for the first time the sexual mysteries of the East. Barbara Maria Stafford is at the forefront of a growing movement that calls for the humanities to confront the brain's material realities. In *Echo Objects*, she argues that humanists should seize upon the exciting neuroscientific discoveries that are illuminating the underpinnings of cultural objects. In turn, she contends, brain scientists could enrich their investigations of mental activity by incorporating phenomenological considerations—particularly the intricate ways that images focus intentional behavior and allow us to feel thought. As a result, *Echo Objects* is a stunningly broad exploration of how complex images—or patterns that compress space and time—make visible the invisible ordering of human consciousness. Stafford demonstrates, for example, how the compound formats of emblems, symbols, collage, and electronic media reveal the brain's grappling to construct mental objects that are redoubled by prior associations. In contrast, she shows that findings in evolutionary biology and the neurosciences are providing profound opportunities for understanding aesthetic conundrums such as the human urge to imitate and the role of narrative and nonnarrative representation. Ultimately, she makes an impassioned plea for a common purpose—for the acknowledgement that, at the most basic level, these separate projects belong to a single investigation. "Heroic. . . . The larger message of Stafford's intense, propulsive prose is unassailable. If we are to get much further in the great puzzle of 'binding'—how the perception of an image, the will to act on intention, or the forging of consciousness is assembled from the tens of thousands of neurons firing at any one moment in time—then there needs to be action on all fronts."—*Science*

Coburn provides a fresh and careful translation from the Sanskrit of this fifteen-hundred-year-old text. Drawing on field work and literary evidence, he illuminates the process by which the *Devi-Mahatmya* has attracted a vast number of commentaries and has become the best known Goddess-text in modern India, deeply embedded in the ritual of Goddess worship (especially in Tantra). Coburn answers the following questions among others: Is this document "scripture?" How is it that this text mediates the presence of the Goddess? What can we make of contemporary emphasis on oral recitation of the text rather than study of its written form? One comes away from Coburn's work with a sense of the historical integrity or wholeness of an extremely important religious development centered on a "text." The interaction between the text and later philosophical and religious developments such as those found in Advaita Vedanta and Tantra is quite illuminating. Relevant here are the issues of the writtenness and orality/aurality of 'scripture,' and the various ways by which a deposit of holy words such as the *Devi-Mahatmya* becomes effective, powerful, and inspirational in the lives of those who hold it sacred.

An enjoyable dual-language board book for babies and toddlers that introduces facial expressions, emotions and gestures of affection. In this English/Haida version of *Kiss, Tickle, Cuddle, Hug*, emotions are linked to facial expressions with an array of colorful close-up photographic images that showcases a multiethnic cast of babies. Perfect for little hands to hold, this is a board book to share and enjoy over and over again.

A fascinating study from a modern feminist perspective of an androgynous Hindu god in

Indian culture.

The Alchemical Body excavates and centers within its Indian context the lost tradition of the medieval Siddhas. Working from previously unexplored alchemical sources, David Gordon White demonstrates for the first time that the medieval disciplines of Hindu alchemy and hatha yoga were practiced by one and the same people, and that they can be understood only when viewed together. White opens the way to a new and more comprehensive understanding of medieval Indian mysticism, within the broader context of south Asian Hinduism, Buddhism, Jainism, and Islam. "White proves a skillful guide in disentangling historical and theoretical complexities that have thus far bedeviled the study of these influential aspects of medieval Indian culture."—Yoga World "Anyone seriously interested in finding out more about authentic tantra, original hatha yoga, embodied liberation . . . sacred sexuality, paranormal abilities, healing, and of course alchemy will find White's extraordinary book as fascinating as any Tom Clancy thriller."—Georg Feuerstein, Yoga Journal

Takes readers through Shakta imagery, philosophy, beliefs, customs, history, folklore and myth. This book includes tales of Adi-Maya-Shakti, Lakshmi, Saraswati, Parvati, Kali, Durga as well as several village-goddesses such as Kanyakumari, Vaishnav-devi, Bahucharmata and heroines such as Anasuya, Arundhati and Savitri.

An anthology of primary texts drawn from the diverse yoga traditions of India, greater Asia, and the West. Focuses on the lived experiences in the many world of yoga.

Examines the health claims of modern yoga, drawing on scientific and cultural research to offer advice on how to recognize authentic yoga practice and gain actual benefits.

A winning, irreverent debut novel about a family wrestling with its future and its past—for readers of J. Courtney Sullivan, Meg Wolitzer, Mona Simpson, and Jhumpa Lahiri NAMED ONE OF THE BEST BOOKS OF THE YEAR BY THE

BOSTON GLOBE, KIRKUS REVIEWS, BUSTLE, AND EMILY GOULD, THE MILLIONS With depth, heart, and agility, debut novelist Mira Jacob takes us on a deftly plotted journey that ranges from 1970s India to suburban 1980s New Mexico to Seattle during the dot.com boom. The Sleepwalker's Guide to Dancing is an epic, irreverent testimony to the bonds of love, the pull of hope, and the power of making peace with life's uncertainties. Celebrated brain surgeon Thomas Eapen has been sitting on his porch, talking to dead relatives. At least that is the story his wife, Kamala, prone to exaggeration, tells their daughter, Amina, a photographer living in Seattle. Reluctantly Amina returns home and finds a situation that is far more complicated than her mother let on, with roots in a trip the family, including Amina's rebellious brother Akhil, took to India twenty years earlier. Confronted by Thomas's unwillingness to explain himself, strange looks from the hospital staff, and a series of puzzling items buried in her mother's garden, Amina soon realizes that the only way she can help her father is by coming to terms with her family's painful past. In doing so, she must reckon with the ghosts that haunt all of the Eapens. Praise for The Sleepwalker's Guide to Dancing "With wit and a rich understanding of human foibles, Jacob unspools a story that will touch your heart."—People "Optimistic, unpretentious and refreshingly witty."—Associated Press "By turns hilarious and tender and always

attuned to shifts of emotion . . . [Jacob's] characters shimmer with life."—Entertainment Weekly "A rich, engrossing debut told with lightness and care."—The Kansas City Star "[A] sprawling, poignant, often humorous novel . . . Told with humor and sympathy for its characters, the book serves as a bittersweet lesson in the binding power of family, even when we seek to break out from it."—O: The Oprah Magazine "Moving forward and back in time, Jacob balances comedy and romance with indelible sorrow. . . . When her plot springs surprises, she lets them happen just as they do in life: blindsidingly right in the middle of things."—The Boston Globe

Since the 1960s, yoga has become a billion-dollar industry in the West, attracting housewives and hipsters, New Agers and the old-aged. But our modern conception of yoga derives much from nineteenth-century European spirituality, and the true story of yoga's origins in South Asia is far richer, stranger, and more entertaining than most of us realize. To uncover this history, David Gordon White focuses on yoga's practitioners. Combing through millennia of South Asia's vast and diverse literature, he discovers that yogis are usually portrayed as wonder-workers or sorcerers who use their dangerous supernatural abilities—which can include raising the dead, possession, and levitation—to acquire power, wealth, and sexual gratification. As White shows, even those yogis who aren't downright villainous bear little resemblance to Western assumptions about them. At turns rollicking and sophisticated, *Sinister Yogis* tears down the image of yogis as detached, contemplative teachers, finally placing them in their proper context. Pre-Pub Discount! Earn an extra 5% discount on orders before 5-1-03 (minimum 4 copies)

From basic postures to more advanced meditation, this guide explains how yoga can contribute to your general well-being. Whether you are mum-to-be or tackling midlife challenges, find postures to help you meet life with peace of mind and renewed vitality.

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