



Living From The Heart

By Puran Bair, Susanna Bair

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Living from the Heart is one of the few spiritual books to offer a systematic way to use heart-based meditation in your life; using the energy of the Four Elements (Air, Fire, Water, and Earth) present within your body, mind, and heart, you can energize the part of your being that is needed to respond to life's challenges. Since the time Living from the Heart was first published in 1998, it has emerged as a spiritual classic, this is the book the first revealed the method of Heart Rhythm Meditation in its modern form. Through the Institute for Applied Meditation, the school they founded in 1989, Puran and Susanna Bair have taught Heart Rhythm Meditation to tens of thousands of people all over the world. Heart Rhythm Meditation has a proven record of improving the physical, emotional and spiritual health of those who practice it. Let Puran and Susanna share with you the method which reveals the power and sensitivity of the heart.

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Editorial Review

Review

The heart is a hologram of the individual. Living from the Heart provides the framework for you to integrate the multidimensional energetic power of the heart. --Dr. Norm Shealy, 90 Days to Self-Healing

About the Author

Puran Bair has personally changed tens of thousands of lives over the past three decades, having led numerous meditation workshops, conducted seminars, and co-founded the 20-year-old Institute For Applied Meditation. Energize Your Heart In Four Dimensions, which highlights a ground-breaking method that utilizes unique heart-centric meditations to decrease stress, reduce disease risk, and energize the body. His prior book, released by Random House, Living From The Heart, was praised as being one of the most important texts ever written on meditation. The Tucson-based meditation master has traveled across the nation and Europe, including England, Germany, The Netherlands, and Austria, teaching the Heart Rhythm Practice to CEOs, teams and individuals, and has worked with leading researchers on the different stages of meditation, including metabolism, heart rhythm, brain waves, light emission, and electromagnetism. The American Sufi mystic has undertaken lengthy retreats, including spending 28 days alone in a cave without eating or drinking in the French Alps. He holds the spiritual rank of Pir, the Teacher of Teachers in the Sufi tradition. He has created four Web courses for The Institute for Applied Meditation, Inc. These courses use innovative software to integrate the instructional material with a worldwide forum for dialoging with a live teacher on a daily basis. Puran, who holds a BS degree in electrical engineering from Bucknell University and an MS degree in Computer Science from the University of Pennsylvania, has spoken at the United Nations Environment Program, The ISSSEEM Conference numerous times, the Omega Institute, The Institute for Transpersonal Psychology, The World Conference on Humanity, and at numerous schools. Susanna Bair, who has helped tens of thousands of individuals to attain better health through a revolutionary process called Heart Rhythm Meditation, reveals her method in this new book, Energizing Your Heart in Four Dimensions. Recognized as a Sufi master by the Sufi Order of Mysticism, she is the co-founder of the 20-year-old Institute for Applied Meditation, where she served the last decade as its president. For two decades she also served as a leading representative of Sufi Order International, having been appointed by its head, Pir Vilayat Khan. For 19 years, through 2006, she enjoyed a private counseling practice in Boston and Ipswich, Massachusetts. Susanna designs transformational retreats for individuals that range from three to 24 days each. She leads retreats for 120 days per year. She also supervises 15 mentors. She has conducted local, national, and international seminars to businesses and individuals. Susanna also presents at national and international conferences, teaching the Heart Rhythm Meditation process. She taught meditation over the course of seven years, at three different schools, including an elementary school and a high school. Susanna, a former real estate broker, was also an actress who performed in television films in Vienna. She was the director of the Leinen Buchne (Women's Experimental Theater) of The State Theatre in Switzerland. Susanna studied in New York City with Lee Strasberg at the Actor's Studio, and Stella Adler at the Stella Adler Conservatory. She earned a Master of Arts in Counseling Psychology at Antioch University in New Hampshire, and an A.B.D. in Psychology at University of Vienna in Austria. She worked at the Children's Psychiatric Clinic of the General Hospital of Vienna, and at the Health and Education Services near Boston.

Users Review

From reader reviews:

Lori Leavitt:

A lot of people always spent their particular free time to vacation or go to the outside with them family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity this is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you read you can spent the entire day to reading a e-book. The book Living From The Heart it doesn't matter what good to read. There are a lot of people that recommended this book. They were enjoying reading this book. If you did not have enough space to bring this book you can buy the actual e-book. You can m0ore quickly to read this book through your smart phone. The price is not very costly but this book possesses high quality.

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Richard Dean:

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