

Kindle The Luminous Self: Sacred Yogic Practices and Rituals to Remember Who You Are by Tracee Stanley

The Luminous Self: Sacred Yogic Practices and Rituals to Remember Who You Are

By: Tracee Stanley

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A guide to self-remembrance with practices, meditations, and self-inquiry questions inspired by yoga and Tantra to help you connect with your inner wisdom, remember your wholeness, and live with clarity and compassion by the bestselling author of Radiant Rest. The Luminous Self shares teachings and practices that can help us connect with our true Self and reclaim our inherent power and wisdom essential for living with purpose and grace in our turbulent world. In this book, Tracee Stanley shares teachings and practices in each chapter including meditation, yoga nidra, breath work, dreaming rituals, community care practices, journaling, and more that can help us remember and honor our deepest Self. The book is a journey of inner exploration for anyone who desires to know themselves more deeply. Chapters introduce different paths to personal discernment including facing obstacles to liberation, forgiveness, the power of memory, transitions as portals to wisdom and devotion, and nature as a teacher and include stories from Stanley's life, teachings, and practice. 6 audio practices accompany the book.

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