



Tending the Heart Fire: Living in Flow with the Pulse of Life

Shiva Rea

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"We are created in rhythm, kept alive in rhythm, evolve through rhythm. Tides, breath, and blood flow in rhythm. We are born into a universe of currents, and our heart is the great conductor of the body, orchestrating our flow."

The mystical foundations of all the world's spiritual paths meet in a single, sacred place: the heart of the seeker. We have reached a time when scientific understanding mirrors the teachings of the great wisdom traditions in revealing our energetic heart as the light of consciousness, the fire of love, a field of intelligence. *Tending the Heart Fire*, the first book by pioneering yogini Shiva Rea, is an invitation to embody our extraordinary potential at this turning point in time, to reconnect your life to the rhythms of your body and the natural world—to live in flow with the pulse of life.

Weaving together wisdom from the great world traditions—including yoga, Ayurveda, Tantra, and modern science—Shiva presents an essential resource for becoming a firekeeper of the sacred heart. This diverse treasury is filled with meditations, life guidance, seasonal rituals, and daily practices, including:

- Insights for harmonizing with the sacred junctures of time—the daily, weekly, lunar, and solar cycles of manifestation and renewal
- Aligning with the seasons—how to adapt your diet, exercise, and yoga rhythms throughout the annual cycle Ways to honor the great sacred holidays, rites, and festivals
- Awakening of *sahaja*—the natural flow at the origins and source of yoga asana and sacred embodiment at the heart of yoga and Tantra
- Skills for tending your inner fire in every aspect of life and healing imbalances that can support a renewable energy lifestyle
- A visual teaching with over a hundred full-color images, including reference charts, diagrams, illustrations, and ancient poetry for inspiration

The legacy of the Heart Fire is more than eight hundred thousand years old—and in our modern world, we need more than ever to consciously reconnect to the radiant field that transcends time, space, and culture. "The direct awakening of the heart often happens when we are at a crisis point, when the armor of our heart has to crack," writes Shiva Rea. "Let us return to the power and magnificence of our hearts—as living fire, as intelligent energy and electromagnetic radiance, and as our illuminating guide toward love, creativity, and deep knowing of our true sacred nature."

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Marvin Seto:

Spent a free time to be fun activity to do! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, about to beach, or picnic from the park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Might be reading a book may be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to test look for book, may be the book untitled Tending the Heart Fire: Living in Flow with the Pulse of Life can be great book to read. May be it may be best activity to you.

Debbie Jackson:

This Tending the Heart Fire: Living in Flow with the Pulse of Life is brand new way for you who has attention to look for some information because it relief your hunger of information. Getting deeper you into it getting knowledge more you know or you who still having bit of digest in reading this Tending the Heart Fire: Living in Flow with the Pulse of Life can be the light food for you because the information inside this particular book is easy to get by means of anyone. These books develop itself in the form that is certainly reachable by anyone, yep I mean in the e-book contact form. People who think that in guide form make them feel sleepy even dizzy this reserve is the answer. So there is absolutely no in reading a guide especially this one. You can find actually looking for. It should be here for you. So , don't miss this! Just read this e-book

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