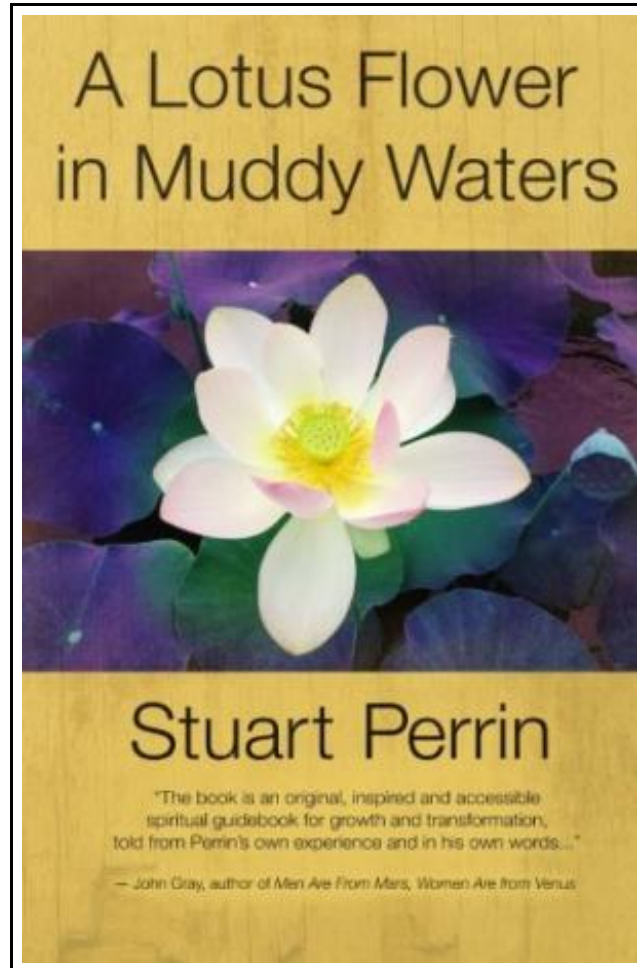# A Lotus Flower In Muddy Waters

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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ally Reichel)

A LOTUS FLOWER IN MUDDY WATERS

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 212 pages. Dimensions: 8.5in. x 5.5in. x 0.5in.This timeless book, A Lotus Flower in Muddy Waters by Stuart Perrin, is one of the most important, revelatory, and generously written studies of its kind in contemporary spiritual literature a twenty-first century guidebook for actualizing ones inner life. It explores the practice of Kundalini Yogas therapeutic, spiritual and esoteric applications and is as relevant to modern day seekers as Sri Swami Yoganandas Autobiography of a Yogi was to those who read it in the twentieth-first century. Author and teacher, Stuart Perrin, was born in New York City. As a child, he exhibited unusual spiritual gifts and sought to learn and understand the deepest teachings of eastern and western religions. After years of domestic and international travel in search of a guru, Mr. Perrin returned to his home in New York where he met Rudi (Swami Rudrananda). Thus began his initiation into what would become a lifetime of personal growth that culminated in mastery of Kundalini Yoga and the ability to pass on teachings, techniques and benefits of the spiritual practice he originally learned from Rudi. A Lotus Flower in Muddy Waters shares with the reader profound and ageless teachings. The following quotes from the book (just a small sample) show the relevance of Mr. Perrins insights into contemporary life: Within every person theres a voice that guides him or her to higher levels of consciousness, a voice that speaks from the heart. We have to learn to trust it. Its our teacher; or, The less ego we have cluttering up our inner lives, the more room there is for spiritual energy, but people cling to anxiety and neurosis out of familiarity. Theyd rather be crazy than be nothing. ....

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