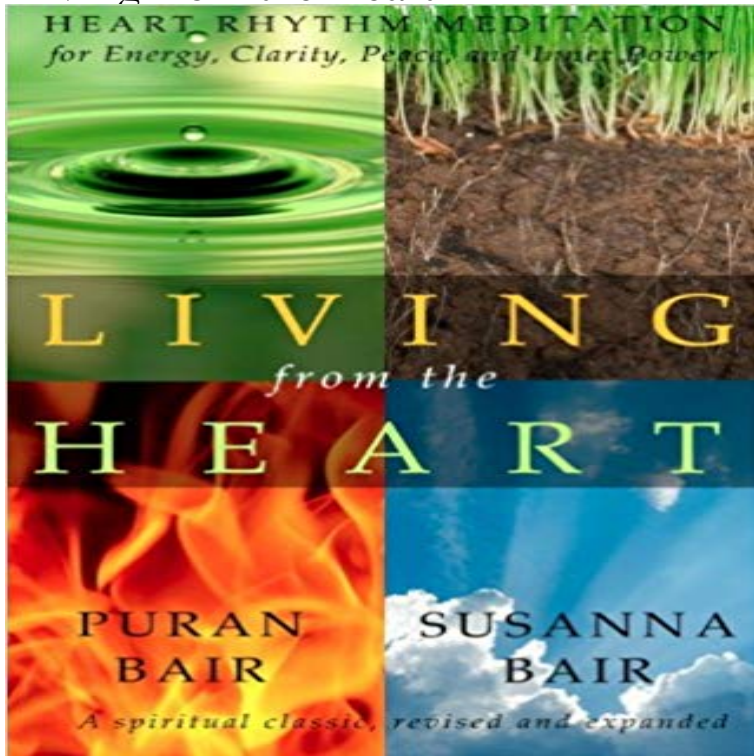


Living from the Heart



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 that 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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