

What People Have to Say About Living Love

Extends Far Beyond Yogic Practice

This is a great read for someone looking to unlock a new side of themselves or tap into an energetic new perspective on life. Written with love and supported by a lifetime of knowledge and personal experience, *Living Love: The Yoga of Yama and Niyama* is one of those special books that will stay with you, occasionally nudging your mind and behavior in certain ways, and bringing you inevitably closer to lightness and joy, if you're willing to take the journey."

This is also a book that extends far beyond yogic practice, spreading the mindfulness and awareness from yoga to the rest of your life. It advises on how to handle negative thought patterns and energy, suggests things to do to gradually transform your life in a healthy way, and holds up a mirror to personal failings so readers can honestly assess themselves.

Self-Publishing Review, ★★★★★½

Kind, Wise, and Reflective of Timeless Truths

In this well-written guide, a licensed clinical psychologist as well as a teacher, deftly examines the structure of society, including how survival-based fears drive many of humanity's most destructive deeds against itself.

The text explores the qualities of love, mercy, appreciation, and empathy. It offers insights such as "Having compassion for living being, their pain and the harsh actions that come from their pain, is the root of forgiveness" and "Loving yourself is essential because it is by loving your own self that you become able to love others."

Understanding the causes of conflict and violence, reconciling clashes between instincts and ethics, and learning how to deal with negative judgments are other topics, along with behavioral exercises to help readers incorporate the instructions into their lives...Kind, wise, and reflective of timeless truths, this yoga manual merits careful reading and rereading. --**Kirkus Reviews**

Hands-down the best English-language book on Yama & Niyama

I've practiced yoga and meditation for nineteen years, and I wish someone had given me this book when I started. With warmth and piercing insight, Maetreyii Ma articulates the essential philosophical inquiries that enable practitioners to take their yoga and meditation practice off the mat and into their lives. Unlike some texts which approach Yama and Niyama as some sort of "Ten Commandments" or a set of doctrinal injunctions, *Living Love* instead positions them as contemplative inquiries that empower practitioners to integrate classic yogic ethics into their minds and hearts. It's a masterpiece! - **Nick Mattos, The Shift**

Network ★★★★★

Combining the Ancient Wisdom of Yoga and Modern Psychology

"This book can help anyone who is pursuing the path of personal development and it is unique in combining the ancient wisdom of yoga and modern psychology." **Ananda Deviika Ma, Acharya, Yoga Therapist, ERYT500** ★★★★★

A Mesmerizing and Inspirational Book

A mesmerizing and inspirational book. Once I began to read, I did not put it down until finished. I will read "*Living Love*" many more times... Maetreyii Ma shares the dwelling of infinite love, forgiveness, truthfulness, simplicity, and generosity. - **E. Murphee, Amazon Author**

