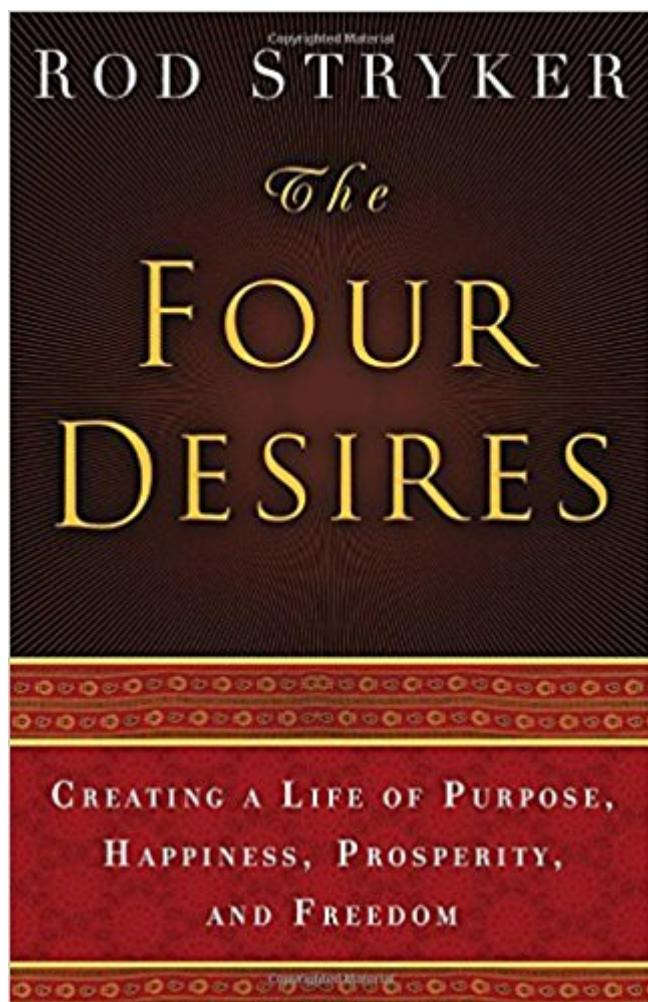


The book was found

The Four Desires: Creating A Life Of Purpose, Happiness, Prosperity, And Freedom



Synopsis

“Desire is here to stay. The challenge we all face, and which I intend to guide you through, is to learn how to take into account the full measure of who you are and use the positive force of all four of your soul’s desires to lead you to your best life.”

According to ancient Yogic tradition, your soul has four distinct desires: The desire for purpose, the drive to become who you are meant to be. The desire for the means (money, security, health) to prosper in this world. The desire for pleasures like intimacy, beauty, and love. The desire for spiritual fulfillment and lasting freedom. Learning to honor these four desires is the key to happiness, and to a complete and balanced life. But how can you discern what will truly satisfy your desires? How can you increase your capacity to achieve them? What if your desires seem to conflict with one another? Is it really possible to live a spiritual life while also wanting material pleasures and success? For more than three decades, master teacher Rod Stryker has taught yoga in the context of its deepest philosophy. His course, called *The Yoga of Fulfillment*, has helped thousands recognize their soul’s call to greatness and to achieve their dreams. Now, in this wise and richly practical book, he has distilled those broad teachings into a roadmap for becoming the person you were meant to be. It is filled with revealing true stories, provocative exercises, and practices for unlocking your inner guidance. And even if you’ve never done a yoga pose, you can follow this step-by-step process to: discover your soul’s unique purpose—the one you came into this world to fulfill. recognize the goal(s) you need to focus on at any given time and enliven your capacity to reach them. overcome self-defeating ideas and behavior. recruit your deepest energies and strengthen your resolve to meet any challenge. learn to live with joy at every stage of your growth.

The Four Desires is nothing less than a complete path toward living your best life possible—a life that is rich in meaning and in means, a life that attracts and emanates happiness, a life that is your unique gift to yourself and the world.

Book Information

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Customer Reviews

Praise for Rod Stryker and *The Four Desires* "Deftly outlines the essence of the human condition and explains how to work with our desires instead of against them to find long-lasting happiness in both the material and spiritual realm." Stryker serves as a marvelous guide, one who teaches us not only how to progress on the path, but also how to light our own way. His writing is engaging and even entertaining. "The Four Desires will give you a road map for your spiritual journey and for the ups and downs of everyday life, too."

"A compelling and inspiring guide to finding happiness in every aspect of life." "a gateway to a new level of fulfillment." "Yoga International" "Rod Stryker's teachings have given me a whole new lens with which to see the world and my own potential; his teachings are sparks in a powder keg. My life has exploded with beauty, mystery and depth under his tutelage." "Jennifer Nettles, Grammy award winner, songwriter, lead singer, Sugarland" "The Four Desires is a provocative interactive workbook for living your best possible life. The end game here is to know your highest, most authentic self, and create a road map to living out your dreams. (Who wouldn't want that?) Stryker is a masterful guide, and the journey he creates is fun and abundantly fruitful."

"Kaitlin Quistgaard, editor-in-chief, Yoga Journal" "Rod Stryker is one of the truly bright lights of modern yoga. He connects to the sincere seeker's heart, while his straight forward scholarship emboldens the mind. The Four Desires is an outstanding book, advancing the integrity and luster of modern yoga."

"John Friend, founder of Anusara yoga" "The Four Desires is a rare accomplishment: a book of valuable, profound wisdom that is easy to learn from, live by, and love. I will be carrying a dog-eared copy of it for years."

"Mark Bryan, author of *The Artist's Way at Work*" "For decades, Rod has led yoga practitioners on the path of inner and outer fulfillment. The Four Desires offers practical and profound teachings from which people of all backgrounds can benefit. It is a treasure that is destined to become a classic."

"Shiva Rea, creator of Prana Flow yoga" "Read *The Four Desires* slowly, savor its wisdom, and then do the exercises to help

embody that wisdom. It will help you live your best life. • Erich Schiffmann, author of YOGA: The Spirit and Practice of Moving Into Stillness • “Profound enough for the advanced practitioner yet accessible to anyone looking for guidance on their journey, The Four Desires is filled with the wisdom and authority of Rod Stryker’s years of practice, study, and teaching. • Sally Kempton, author of Meditation for the Love of It • “Anyone seeking inner healing and lasting happiness must read this book. • Pandit Rajmani Tigunait, chairman and spiritual head, Himalayan Institute • “Rod Stryker guides us to uncover the beauty, power, and purpose of our lives. This insight leads us to live more meaningfully and richly. This book is an incredible gift to have as both teacher and student, and I am excited to use it as a resource for my own continued growth and self-discovery. • Seane Corn, yoga instructor, co-founder of Off the Mat, Into the World

Rod Stryker is the founder of ParaYoga®. Widely considered one of the preeminent yoga and meditation teachers in the United States, he has taught for more than thirty years. A longtime resident and teacher in Los Angeles, he now lives in Colorado with his wife, Gina, and their four children, Jaden, Theo, Asha, and Atreya.

Don’t bother ordering this book unless you are serious about doing some challenging work on yourself. After you get past the introductory chapters just about every chapter has one or more assignments in the form of writing self-explorations, meditations, or relaxation activity (yoga nidra). I have found all of them to be quite deep and effective, but initially I had to overcome some internal resistance to get started. I recommend this book to anyone who wants to make substantive change in their life. If you already have an established meditation or yoga practice it will be easier to dive into the assignments, which are based on tantric yoga practices. I did not get the CD with the recorded meditations. I recorded them from the narrative in the book, but the CD would be a good idea if you don’t want to make your own recordings. The benefit of making your own is you can modify the text to suit your own needs or style. This is a guide book based on time tested (thousands of years) tantric practices designed to overcome the resistance of the conscious and unconscious mind to bring about transformation. I haven’t finished the book yet (and actually I’m not wanting to come to the end). He says to allow 6-18 months to achieve your resolve. I’ve been working on this for about 6 weeks. The challenge will be to stay on course after I have finished the book, but I believe there is an online community of support for the Four Desires.

This is one of the most inspiring books I have ever read. Rod Stryker is the real deal. I am blessed to have studied with him recently at a yoga journal conference and also follow him on yogaglo. After taking his workshop, I purchased this book and have not been able to put it down. There are numerous exercises, including writing, meditations, yoga and more. The exercises are not for the faint at heart - they take time and can be challenging to process emotionally. But if you do the work, this book can be life-changing. I am planning on ordering the workbook and CD to go with this, as I think it will be really helpful to have the guided meditations that accompany the book. This book combines ancient wisdom with modern techniques to get to the root of your fears and what holds you back in life. Amazing.

Rod Stryker was recommended by Richard Miller's (iRest) book on Meditation. I attended a live seminar with Dr. Miller, and it changed my life. I can go to sleep much more easily, without tablets, and have begun the first tentative steps in meditation, now that I have lived some of the benefits. "The Four Desires" has a few chapters of definitions, but then becomes very practical in how to map out your life's purpose using a relatively easy form of analysis. Stryker is very good at explaining WHY he makes certain recommendations, and it certainly works for me. Yoga, plus these books, have helped me to start of view life at a whole other level. Thanks to both authors for their contributions to those who are seeking the fullness which life has to offer.

I have been a student and teacher of yoga for many years. This book, as well as Rod Stryker's Four Desires training, has illuminated my self-knowledge and understanding of the yoga tradition in so many important ways. I worked through the steps outlined in Stryker's book to establish my own intentions for what I want to create for myself, but I also prescribe this process to my private yoga clients who are in life transition. I recommend this book to anyone who is willing to make a commitment to fulfilling their heart's deepest longing, which may lead you in a direction that at first seems scary, but ultimately will become freeing. Also, definitely download the companion cds so you can do the meditations- if you don't do the practices in this book, the process won't work. I do the Relax into Greatness practice at least 4x week. Happy learning!

Ever wonder why the power of intention might not be for you? Well, this is your gateway to understanding your deepest resistance against your every intention. The Four Desires has been an eye opener for me. After 20 some years of yoga practice I finally realized that I have been missing

so much about myself. So, I went ahead and got myself a new journal and decided to start fresh, under Rod Stryker's guidance. YOU MUST TRY! It is an incredible experience!!!! Oh, and get the cd as well. Trying to record your on voice can be quite challenging and annoying at times! He got that magic voice that just wants to make you relax into the moment...

This is truly an incredible book. It's very well written, quite comprehensive, and truly life changing -- if you do more than just read it. Just like reading a book about ice skating will not turn you into a world-class skater, Rod does a terrific job of gently encouraging you to do the exercises and meditations as you move through the book. None of the exercises or meditations are difficult; they merely require your commitment of time. I also purchased the accompanying Four Desires CD set so that Rod's voice guides my meditation practice. I strongly recommend this. His voice is perfect for this purpose. It's very gentle and encouraging, yet completely articulate. The Four Desires is also a very honest book. Rod provides numerous stories from real people. The stories of un-success are just as important as the stories of success. His own story is there as well. I highly recommend this book to anyone who wants to make a true difference in their life.

Rod Stryker has really touched my soul through his book the Four Desires. It has been awhile since I have been so moved by a book and I have been moved to tears. Rod's knowledge and manner which he expresses his ideas is easy to read and makes you want to read on. It gets the reader to really look within. What is also especially helpful is the guidance he gives thru journaling and meditation to go deeper within and help you connect with your souls purpose and live a more fulfilling life. So if you are looking to transform your life and really make a connection to your purpose in life I highly recommend this book! As a psychotherapist and Yoga practitioner, I have already recommended this book to many people both personally and professionally.

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