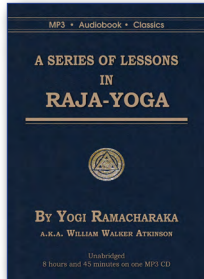


Yoga & Intimate Relations



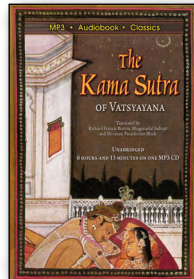
A Series Of Lessons in Raja Yoga

Author: William Walker Atkinson
a.k.a. Yogi Ramacharaka (1862 - 1932)
Read by: Multiple readers
Format: MP3 CD in DVD case
Length: 8 hours and 45 minutes
Genre: Non-Fiction, Education, Self-Help

A Series of Lessons in Raja Yoga is an in-depth yet practical guide to the concepts and practices used in yoga to achieve significant improvements in mental functioning leading to an elevated comprehension of reality and a higher spiritual awareness. Written by Yogi Ramachara, a pen name of William Walker Atkinson, it was originally published in monthly installments between October 1905 and September 1906 and received an enthusiastic and popular reception. Each lesson contains a wealth of material for study. Many students of the book find value in re-reading the lessons at intervals to discover material overlooked during previous readings. The book is especially helpful in distinguishing the self from the ego and finding higher levels of spiritual consciousness.

Catalog: DB-1148
UPC: 0683422134623
MSLP: \$9.99

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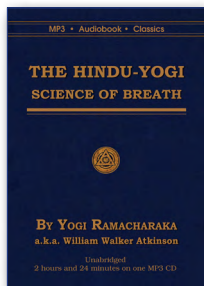


The Kama Sutra of Vatsyayana

Author: Vatsyayana (2nd century AD)
Translated by Richard Francis Burton, Bhagavanlal Indrajit and Shivaram Parashuram Bhide
Read by: Mark F. Smith
Length: 6 hours 13 minutes
Format: MP3 CD in DVD case
Genre: Education, Self-Help,

Catalog: DB-1109
UPC: 0683422134203
MSLP: \$9.99

Often mistakenly thought to be a guide to tantric sex, the *Kama Sutra* is not exclusively a sex manual, but rather a guide to living a virtuous and fulfilling life that treats matters of love, family, pleasure and passion in a frank and insightful manner. "Kama" means "desire", and is one of the four goals of life, the others being Dharma (virtuous living), Artha (material prosperity), and Moksha (liberation). A "sutra" is a line or thread that connects things, and often refers to a collection of rules, formulas, or aphorisms that serve as a guide or manual. *The Kama Sutra* was written in Sanskrit in the Second Century AD, and represents an abridged assemblage of longer works. The book is written in prose with generous sprinklings of verse, and is structured in seven parts, 36 chapters and 1,250 verses. The best known English translation first appeared in 1883 and is attributed to Sir Richard Francis Burton, who supervised the translation and the assembly of a complete version from versions obtained from libraries in Calcutta, Benares, Bombay, and Jaipur.



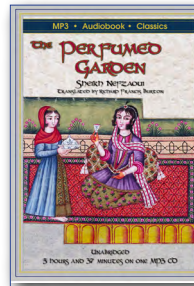
The Hindu-Yogi Science of Breath

Author: William Walker Atkinson
a.k.a. Yogi Ramacharaka (1862 - 1932)
Read by: Mike Justice
Format: MP3 CD in DVD case
Length: 2 hours 24 minutes
Genre: Non-Fiction, Education, Self-Help

The Hindu-Yogi Science of Breath: A Complete Manual of the Oriental Breathing Philosophy of Physical, Mental, Psychic and Spiritual Development was published in 1903 by William Walker Atkinson under the pseudonym Yogi Ramacharaka. It is a practical introduction to the essential breathing techniques of yoga and the basic concept that good breathing leads to good health and

Catalog: DB-1144
UPC: 0683422134562
MSLP: \$9.99

long life. The early chapters provide a background in yogic practices, explain the anatomy and physiology of breath in simple terms, and raise the awareness of four types of breathing. The later chapters are a how-to manual and include numerous exercises for breathing, healing, and meditation. Countless people have used the book as a clear and concise guide to a vital and highly beneficial discipline.

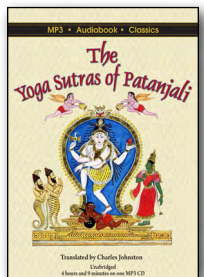


The Perfumed Garden

Author: Sheikh Nefzaoui (15th century AD)
Translated by Sir Richard Francis Burton (1820 - 1890)
Read by: Alia Makki
Format: MP3 CD in DVD case
Length: 5 hours and 37 minutes
Genre: Non-Fiction, Erotica

Catalog: DB-1137
UPC: 0683422134531
MSLP: \$9.99

The Perfumed Garden by Sheikh Nafzaoui is a fifteenth-century Arabic sex manual and work of erotic literature. The book contains a discussion of qualities men and women should cultivate to be attractive, gives advice on sexual technique, and treats issues of sexual health, complete with remedies for sexual maladies. It lists the many names used for private parts and briefly describes the nature of sex among animals. Also included are a section on the interpretation of dreams and stories. The reputation of the book in the Arab world was similar to that of the *Arabian Nights*. It is unique in "the seriousness with which the most lascivious and obscene matters are presented." *The Perfumed Garden* was introduced to the English speaking world in a 1886 by Sir Richard Francis Burton, who compared the work to that of Rabelais and the French book *Conjugal Love* by Nicolas Venette.



The Yoga Sutras of Patanjali

Author: Patañjali (c. 400 CE)
Translated by Charles Johnston (1867 - 1931)
Read by: Jothi Tharavant
Length: 4 hours 9 minutes
Format: MP3 CD in DVD case
Genre: Religion, Reference, Education

The Yoga Sūtras of Patañjali is a collection of 196 Indian sūtras or aphorisms composed in approximately. He compiled the book from older materials from two different traditions – the "eight limb yoga" known as ashtanga yoga, and action yoga, known as karma yoga. The aphorisms and accompanying commentary constitute "The Treatise on Yoga according to Patañjali". Yoga Sutras is divided into four books or padas: Samādhi Pada Sadhana Pada; Vibhuti and Kaivalya Pada. He outlines the system of ashtanga yoga consisting of eight limbs, five of which are external aids to and three of which are internal aids. The Yoga Sutras synthesized the teachings of many philosophical systems and were highly influential for over a thousand years before falling out of favor by the 16th century. Interest was reawakened the early 19th century and led to the consideration of the work as a primary key to the "science of yoga".

Catalog: DB-1114
UPC: 0683422134210
MSLP: \$9.99

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