



The Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom

By Rod Stryker

Hay House UK Ltd. Paperback. Book Condition: new. BRAND NEW, The Four Desires: Creating a Life of Purpose, Happiness, Prosperity, and Freedom, Rod Stryker, 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; and the desire for spiritual fulfillment and lasting freedom. Learning to honour 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[trademark], has helped thousands recognise 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...



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