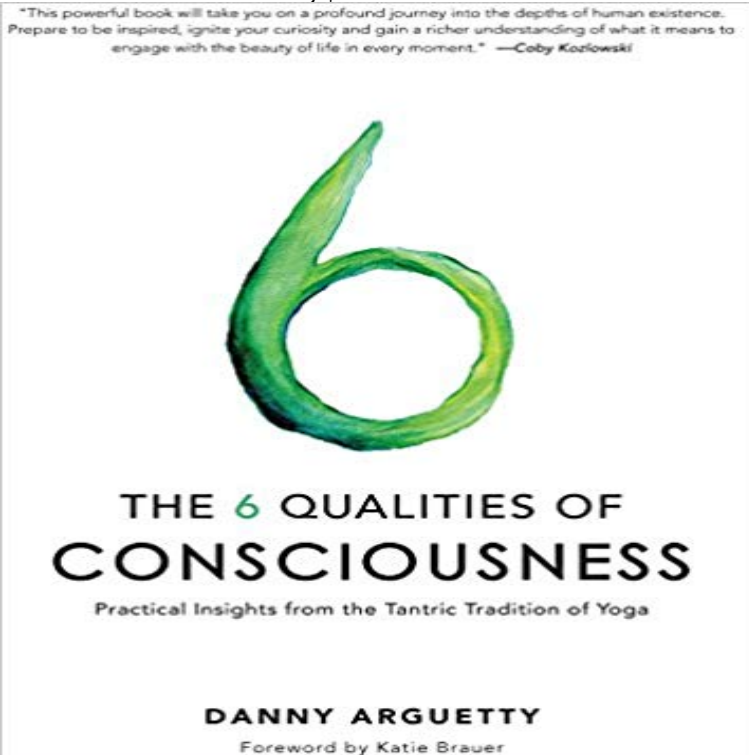


# The 6 Qualities of Consciousness: Practical Insights from the Tantric Tradition of Yoga



The 6 Qualities of Consciousness is a revolutionary text that applies ancient teachings from the Tantric tradition of yoga to everyday life in the 21st century. Journey through these six attributes of existence, and discover how they reside in you, as you, and all around you. Celebrate profound intelligence, unbounded freedom, ever evolving perfection, the joy of community, the promise of infinite abundance, and the natural ebb and flow of life in continual, primal motion. Through this book you will: Move beyond mere contentment and step into a life of abundant flourishing here and now. Empower your desires, take dedicated action, and show up in a way that expresses your personal passions while simultaneously uplifting the collective. Engage in practical exercises to awaken each quality and invoke more clarity, connection, skill, and beauty on your path. Gain a greater understanding of yoga's migration to the West, grasp the difference among yoga's various philosophical traditions, and learn about the Tantra's rich heritage and diverse teachings. Immerse yourself in the latest scientific research highlighting the physiological and psychological benefits of everyday mindfulness and practical yogic wellness techniques. Marvel in awe-inspiring examples of wonder sourced from the natural world.

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