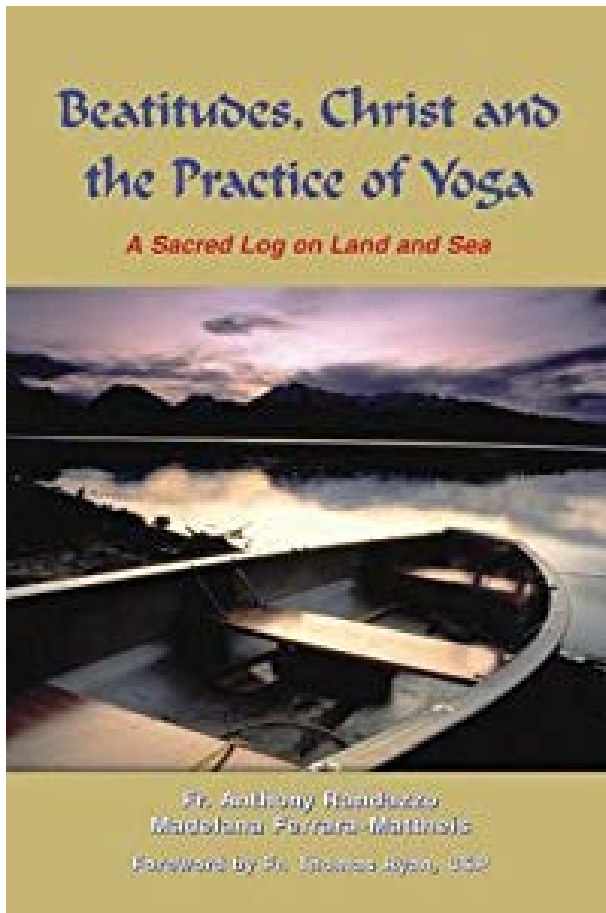


# Beatitudes, Christ and the Practice of Yoga: A Sacred Log on Land and Sea



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BEATITUDES, CHRIST AND THE PRACTICE OF YOGA challenges us to face all the problems of life with new purpose and fresh vision. Difficulties do not dissolve magically because of our newfound spiritual journey. Harassment for thinking and feeling with the Beatitudes is inevitable; persecution for being merciful and compassionate may cause us great pain. Neverthe, there is a keener sense of dying and rising within a ?yoga-treated? body as we mature in the likeness of Christ.

BEATITUDES, CHRIST AND THE PRACTICE OF YOGA joyfully celebrates our rising to new life as we become fully aware and awakened to Christ's joy.