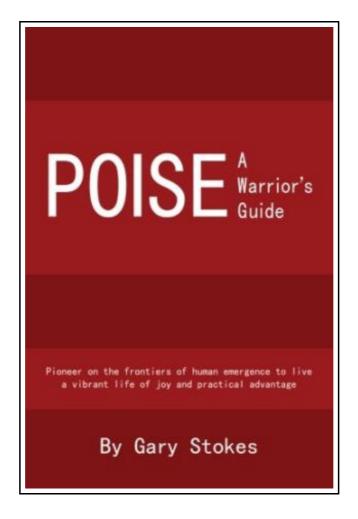
Poise: A Warrior s Guide



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Reviews

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(Alec Langosh)

POISE: A WARRIOR S GUIDE



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Warrior Publishers, United States, 2012. Paperback. Book Condition: New. 228 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Poise: A Warrior s Guide Book Description: Poise: A Warrior s Guide charts a path toward sustained poise, a vibrant, fully alive state of consciousness that allows us to get the most from every moment of life. Poise is a sublime state, sublime because life is at its best when we are selfpossessed, self-controlled, assured, in a state of equanimity. Fully poised, we are awake, composed and balanced, free from ego, affectation, fear and embarrassment. Poise is our goal because only in poise do we have access to our full powers. The book highlights how poise brings both pleasure and practical advantage. Poised, we are fully present in our environment, glad to be alive. Poised, we see that this moment is all we need to be happy. Balanced and composed, we are able to draw all that is pleasurable from any situation. Poised, our gratitude is complete, and our hearts are light, no matter what is happening. Poised, we enjoy the pleasure of being in love -- with other people and with our mother earth. Poised, we live in possibility and delight. Poise is the ultimate cool, attractive and sane. Poise brings practical advantages to every situation because poised, we are fully ready to create the best outcomes for others and ourselves. We are able to draw on our considerable personal resources -- physical, emotional, intellectual, and spiritual -- to capture the full potential of the moment. Poised, we can solve problems better than we can in any other state of consciousness. We hear at our most intuitive level, see with our greatest clarity and use all our senses at their optimal level, so that we can...

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