



## Prayers to the Infinite: New Yoga Poems

*Danna Faulds*

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Author of "Go In and In" and "One Soul," two popular books of yoga poetry, Danna Faulds writes from the heart of her spiritual practice. She says of this book:

"When prayer began to come alive inside of me, I was fascinated and embarrassed, captivated and confused. I had long since given up any rigid notion of an anthropomorphic, judging God, yet here I was in intimate dialogue with something bigger than myself. I didn't know quite what to make of this.

Over time, as I looked closely at my prayer life, I uncovered a remarkable fact: the very act of personally addressing the Infinite opened me to a different experience of self and other, one in which I sensed divinity as an interior part of all things.

Prayers are my attempt to translate into words some of my deepest inner longings. They are an offering of passion, love, fear, anxiety, gratitude, and pain. Praying is one way to connect with Spirit. A doorway to the fluid and creative energy I call God, Lord, the One, Beloved, the Infinite, or All That Is.

Inevitably this dialogue began to find its way into my poetry and this book is the result. It is an eclectic mix of prayer-poems and other poetry arising in my yoga and meditation practice, my observations of the natural world, and from facing life as it has come to me over the last year.



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