



I Am We: Poems (Paperback)

By Dave Ursillo Jr

Createspace, 2015. Paperback. Book Condition: New. Vivek Mayasandra (illustrator). 203 x 133 mm. Language: English . Brand New Book ***** Print on Demand *****.I Am We is a soulful collection of poems from author and yogi Dave Ursillo that invites you deeper into your journey of yoga, or yoking, in your everyday life. The yoga of life is a personal voyage beyond ordinary well-being-a liberating expedition into total, unapologetic union between body, mind and spirit. Cultivating this soul-deep harmony is a lifelong practice that compels you to make peace between your warring facets, stitch wounds so you can heal, discover connection and love in the world around you, and illuminate the divine spirit that resides within. I Am We invites you to unearth the many faces that make up the unique soul called You, and bring them into harmony. These scalpel-sized poems skewer self-doubt, dismiss fear at its source, and excavate the true self from bondage as you live your life to the fullest, every day. Explore your playful side (A HAND STRETCHED OUT) and the undeniably powerful essence of your divinity (I AM THE STARS). Drink in devotion in your daily life (TALKING WITH...



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