



We Are Only Visitors

Daniel Hertz

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This book is a follow-up to the critically acclaimed first book by Daniel Hertz entitled SWAMI HARI: I AM A SIMPLE FOREST MONK, which was nominated for the 2011 Minnesota Book Award. Daniel takes us on a journey of both inside and outside travels. The essays and poems cover these topics: gratitude, forgiveness, birth, death, meditation, nature, attachment, Swami Hari, India, the mind-body relationship, teaching Yoga, and more. They are rooted in Daniel's Yoga practice and are seen through the eyes of someone who has practiced Yoga and Meditation for more than 20 years. Through his writings he demonstrates a wonderful balance and grace, arrived at through Yoga, Meditation, contemplation, and selfless service. The book is offered out of a place of peace and great gratitude for the way things are.

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