

**AWAKE IN THE WORLD: TEACHINGS FROM YOGA AND
BUDDHISM FOR LIVING AN ENGAGED LIFE**

Lorayne Lugar

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Michael Stone - Shambhala Mountain Center

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Awake in the World: Teachings from Yoga and Buddhism for Living an Engaged Life by Michael Stone

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In Memoriam - Michael Stone | Banyen Books & Sound

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AwakeintheWorldMichaelStoneauthor. Meditation, he said, helps us attend to our inner anger and hatred. Explore more from our [blog](#) [video library](#) or [Upaya news](#). Complete Calendar.

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