



## Sovereign Self: Claim Your Inner Joy and Freedom with the Empowering Wisdom of the Vedas, Upanishads, and Bhagavad Gita

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### Product Description

What would it be like to have complete sovereignty within your own life? To feel confidently aligned with the power of your true Self? The beloved texts at the heart of yoga offer us timeless pathways to this experience, yet without years of formal study, accessing the depths of their wisdom can seem overwhelming. In *Sovereign Self*, Acharya Shunya demystifies yoga's most influential texts: the Vedas, the Upanishads, and the Bhagavad Gita, making their profound teachings both accessible and immediately practical for modern seekers. The first female lineage holder in a 2,000-year-old line of Vedic spiritual teachers and the first to teach in the West, Shunya has a personal and authentic understanding of these classic scriptures. With *Sovereign Self*, she shares a comprehensive guide to their essential teachings, expertly adapting their wisdom and spiritual practices for Western students. Filled with hidden insights and engaging guidance, *Sovereign Self* will help you align with your greater Self - the Self that is always present, all-powerful, ever-joyful, and completely sovereign.