



Limitless: New Poems and Other Writings

Danna Faulds

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Limitless is Danna Faulds' fifth book of poetry. A long-term practitioner of Kripalu Yoga, for the past seven years her writing has inspired and delighted a broad audience interested in the opportunities life provides for healing, growth, and transformation. Danna writes: Some days, the first line of a poem interrupts me and insists on being written down - NOW! Other days, I write the words 'This is what I have to say to you' at the top of the page and see what comes. Like a faucet dispensing water from a hidden reservoir below the earth, this kind of writing allows the formless mystery to flow into my conscious life. What I tap into when I write from the quiet of my meditation cushion feels limitless. Each morning finds me at the edge of my current experience, writing about where I am stuck, where I am learning to let go, and what is calling me forward right now. Words on the page, both poetry and prose, are the bread crumbs left behind as I move beyond my comfort zone and into the unknown. Danna is the author of four previous books of poetry: *Go In and In*; *One Soul*; *Prayers to the Infinite*; and *From Root to Bloom*. She is currently finishing a memoir about her experiences with yoga and writing titled *Into the Heart of Yoga*.

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