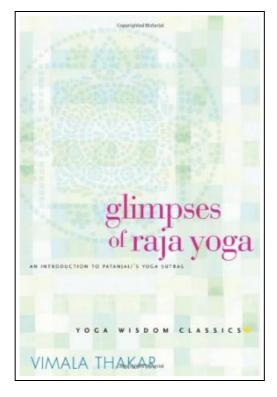
## Glimpses of Raja Yoga: An Introduction To Patanjali's Yoga Sutras



Filesize: 6.77 MB

## Reviews

It becomes an incredible publication that we actually have at any time read. It is one of the most incredible book i actually have go through. I am just delighted to tell you that this is actually the finest pdf i actually have read through within my personal life and might be he finest publication for actually.

(Prof. Hilma Robel)

## GLIMPSES OF RAJA YOGA: AN INTRODUCTION TO PATANJALI'S YOGA SUTRAS



Rodmell Press. Paperback. Book Condition: new. BRAND NEW, Glimpses of Raja Yoga: An Introduction To Patanjali's Yoga Sutras, Vimala Thakar, In Glimpses of Raja Yoga, Vimala Thakar introduces the basic concepts of Patanjali's Yoga Sutras by focusing on different sutra, or aphorism, in each of the twelve chapters. In her opening chapter, she presents the historical and cultural background of Patanjali's Raja Yoga. Chapter 2 contains an eloquent invocation of the dimension of Silence--the meditative state that one enters with the stilling of the mind. Chapters 3-6 examine the ethical principles and observances (the yamas and niyamas) that form the foundation of a healthy spiritual practice. Here Vimala discusses the importance of ahimsa (non-violence) and satya (truthfulness), and offers a radical interpretation of brahmacarya based on her understanding of Sanskrit. Chapter 7 concerns the kleshas or causes of suffering such as avidya (ignorance) and asmita (egotism). Chapter 8 discriminates between dharana (meditation with deliberate focus) and dhyana (effortless meditation), and reflects Vimala's own experience. Chapter 9 describes the relation of prakriti (matter) and purusha (spirit) according to Patanjali. Chapters 10-12 describe the ultimate goal of the yogic journey--the absolute freedom of samadhi.



Read Glimpses of Raja Yoga: An Introduction To Patanjali's Yoga Sutras Online Download PDF Glimpses of Raja Yoga: An Introduction To Patanjali's Yoga Sutras

## Other eBooks



Children's Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

Read Document »



Children's Educational Book Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

Read Document »



Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners

Fernhurst Books Limited. Paperback. Book Condition: new. BRAND NEW, Learn the Nautical Rules of the Road: An Expert Guide to the COLREGs for All Yachtsmen and Mariners, Paul B. Boissier, Expert information for yachtsmen and...

Read Document »



California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

 $Pearson, United States, 2015. \, Loose-leaf. \, Book \, Condition: \, New. \, 10th. \, 249 \times 201 \, mm. \, Language: \, English \, . \, Brand \, New \, Book. \, NOTE: \, Used \, books, \, rentals, \, and \, purchases \, made \, outside \, of \, Pearson \, If \, purchasing \, or \, renting \, from \, companies...$ 

Read Document »



Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package

Pearson, United States, 2015. Book. Book Condition: New. 10th. 250 x 189 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies...

Read Document »