

YOGA THE GREATER TRADITION 1ST EDITION Read Free



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ISBN: 9781601090164

Yoga teaches us the nature of this supreme reality of consciousness and our intimate relationship with it — which may be our most important relationship in life. Our inner connection to the universal consciousness has ramifications on all levels of our existence of body, prana, senses, mind, and heart, impacting our innermost consciousness and our inner being that few of us have fully accessed and which our civilization as a whole has not yet entirely fathomed. Our yogic connection to the universe as a whole extends beyond any single incarnation of our soul or any particular state of human culture. Perhaps more significantly, Yoga provides us with the transformative tools that we can use to approach this supreme reality—extending from practices of asana posture and pranayama breathing techniques , to visualization, mantra sound and meditation—so that we can experience it directly for ourselves. My personal study and practice of Yoga began over four decades ago with the Raja Yoga traditions of

Paramahansa Yogananda, Sri Aurobindo, and Ramana Maharshi, and I was later able to meet with senior teachers in these traditions.

My studies led me to learn Sanskrit, the language of Yoga, and to study, translate and comment on the Vedas, Upanishads and Yoga Shastras. It was part of extensive work, travel and study in India where I met with many Yogis and discovered a number of Yoga teachings not yet known in the West. Return to Book Page. Preview — Yoga by David Frawley. Yog As yoga continues to grow in popularity as a modern exercise and fitness movement, it is important to take notice of the greater spiritual tradition that forms its core.

Get A Copy. Hardcover , pages. More Details Original Title. Other Editions 1. Friend Reviews. To see what your friends thought of this book, please sign up. To ask other readers questions about Yoga , please sign up. Lists with This Book. Community Reviews. Showing Average rating 3. Rating details. More filters. Sort order. Start your review of Yoga: The Greater Tradition. Jul 08, Katerina rated it really liked it. This is also a great book for those that just need a quick refresher and reminder of what yoga really is. I found the writing to be a bit to honey coated, flowery, and light.

I would have like to have a bit more meaning when it came to each of the words and terms that were used when I was reading through the book. I don't need to the whole scientific or even spiritual explanation but more than what was provided would have been nice. I will admit, however, that there were a quite a few things that I was not aware of when it came to yoga and this was a nice book to get a start on expanding my questions and thoughts in my yoga practice. Mar 11, Plateresca rated it really liked it Shelves: non-fiction. A little, but comprehensive book for the very beginner; a great starting point, I think.

Jan 17, D rated it liked it. Simple and clear book with the philosophy of yoga. Yoga is about being rather than doing. Yoga teaches us to know ourselves, which is not a product of our outer activity. It teaches us to contact our inner being, which is obscured by outer actions and pursuits. Yoga provides us a great revelation in this regard. We don't ultimately need to do anything at all to be happy; we need only come to rest within our true nature. This resembles returning to the center of the universe, which everything else Simple and clear book with the philosophy of yoga.

This resembles returning to the center of the universe, which everything else must move around! Real yoga is about non-doing. We have no time, not even for ourselves, much less for our loved ones. We are constantly on the go and yet never seem to arrive at any place where we want to stay for very long. Yoga is about doing less and being more present wherever we are and with whatever we need to do. Yoga is not simply something new but a better way of using the faculties and resources we already have. Yoga asanas are about moving the body more slowly, ultimately bringing it into stillness. Yogic meditation is about slowing down the mind and creating deep calm and unwavering inner peace that does not require any outer entertainment. A yogic lifestyle is about not bringing any harm or interference into the lives of others. Yoga is not as much a new achievement as a means of letting go and relaxing into the infinite.

Yoga philosophy is a philosophy of being. You are all that you need to be. But to discover that, you must move aside the veils of the body, mind and sense, and uncover the essence of your being. Yoga and the End of All Suffering The main problem in life is suffering, regardless of where we live or what we do. Suffering comes to all of us in one form or another; to the rich and poor, the young and old alike. The sorrow may be physical, emotional, or circumstantial. It may be person, relative to the state of our country or to our planet as a whole. Therefore one of the most important questions we can ask ourselves is, "How can we put a permanent end to all suffering? Yogic practices not only promote physical and psychological well being, but also is aimed at eliminating spiritual suffering. Types of Yoga. Yoga Basics. Yoga FAQs.

Benefits of Meditation. Guided Meditation. How to Meditate. Science of Meditation. Yoga Trends. Yoga for Athletes. Yoga Influencers. Yoga Teachers. Seller Inventory M Items related to Yoga: The Greater Tradition. Yoga: The Greater Tradition. Frawley, David. Publisher: Mandala Publishing , This specific ISBN edition is currently not available. View all copies of this ISBN edition:. Review : "Frawley is an Indian in an American body. Buy New Learn more about this copy. Other Popular Editions of the Same Title. Search for all books with this author and title. Customers who bought this item also bought. Seller Image.

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