

Yoga Sastra Vivekananda

This book focuses on yoga's transcultural dissemination in the twentieth and twenty-first centuries. In the course of this process, the term "yoga" has been associated with various distinctive blends of mental and physical exercises performed in order to achieve some sort of improvement, whether understood in terms of esotericism, fitness, self-actualization, body aesthetics, or health care. The essays in this volume explore some of the turning points in yoga's historico-spatial evolution and their relevance to its current appeal. The authors focus on central motivations, sites, and agents in the spread of posture-based yoga as well as on its successive (re-)interpretation and diversification, addressing questions such as: Why has yoga taken its various forms? How do time and place influence its meanings, social roles, and associated experiences? How does the transfer into new settings affect the ways in which yogic practice has been conceptualized as a system, and on what basis is it still identified as (Indian) yoga? The initial section of the volume concentrates on the re-evaluation of yoga in Indian and Western settings in the first half of the twentieth century. The following chapters link global discourses to particular local settings and explore meaning production at the micro-social level, taking Germany as the focal site. The final part of the book focuses on yoga advertising and consumption across national, social, and discursive boundaries, taking a closer look at transnational and deterritorialized yoga markets, as well as at various classes of mobile yoga practitioners.

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Yoga Sastra - The Yoga Sutras of Patanjali Examined with a Notice of Swami Vivekananda's Yoga Philosophy
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Gurus of Modern Yoga explores the contributions that individual gurus have made to the formation of the practices and discourses of yoga in today's world.

Text from all nine volumes of Complete Works of Swami Vivekananda as well some unpublished material is available here. All proceeds are donated to Advaita Ashrama, India

This book, first published in 1975, is a comprehensive list of all the books on India, written in English before 1900. It is an invaluable reference source on India of the eighteenth and nineteenth centuries. Apart from the work of professional writers, there are the writings of a cross-section of society from soldiers to scientists. We find dictionaries of obscure dialects written by government officials, descriptions of their travels by visiting clerics, homely details of everyday life by housewives, as well as technical and scientific works written by scholars. Patanjali Yoga Sutras is an age-old treatise written on

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the four-fold path of Yoga. It delves into the workings of our mind, body and spirit. Originally written in Sanskrit, this book is by Swami Vivekananda, detailing each sutra, simultaneously guiding us on ways to reach our goals. Starting from the very basics like concentration and meditation, to higher goals like attaining liberation and self-realization, these sutras are meant to teach us ways that help elevate lives and spirits. Easy to practice techniques, simplified life-philosophies and a modern rendering to the age-old wisdom make this book a collector's jewel.

The practice of yoga has become hugely popular in the West. Most people assume (and many claim) that 'postural' yoga - characterized by the familiar, demanding, physical poses - is an ancient Indian tradition. But in fact, as Mark Singleton shows, this type of yoga is quite a recent development, with its beginnings traceable to the middle of the 19th-century. Singleton here presents the first in-depth study of the origins of postural yoga, challenging many current notions about its nature and origins.

Raja Yoga is a book by Swami Vivekananda about "Raja Yoga", his interpretation of Patanjali's Yoga Sutras adapted for a Western audience. It became an instant success and was highly influential in the Western understanding of yoga. Each soul is potentially divine. The goal is to manifest this Divinity within by controlling nature, external and internal. Do this either by work, or worship, or psychic control, or philosophy — by one, or more, or all of these — and be free. This is the whole of religion. Doctrines, or dogmas, or rituals, or books, or temples, or forms, are but secondary details.

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Yoga refers to an assortment of mental, physical, and spiritual disciplines and practices originating from India. One of the six schools of Indian philosophy, it contains a wide range of schools, practices, and goals in Buddhism, Hinduism, and Jainism. "Yoga Sastra" is an 1897 work by Indian Sanskrit and mathematics scholar Srisa Chandra Vasu (1861 – 1918) that explores the Yoga Sutras of Patanjali with special reference to Swami Vivekananda's Yoga philosophy.

Contents include: "The Sankhya System", "The Great Aim of Hindu Philosophy", "Yoga Satra", "The Eight Accessories of Yoga", "Samyama", "The Characteristics of the Hindu Mind", "Examination of the Yoga Sutras", "The True Yoga Sastra", "Disbelief in Occult Powers", "Efforts to Acquire true Knowledge", "The True Bhakti Yoga", etc. This fascinating volume is not to be missed by yoga enthusiasts and those with a particular interest in vintage books on the subject.

Many vintage books such as this are becoming increasingly scarce and expensive. We are republishing this volume now in an affordable, modern, high-quality edition complete with a specially-commissioned new introduction on yoga.

An English Abridgment With Introduction, Notes And A Review.

This is a translation of Mahendrnath Datta's Bengali book 'Londoner Swami Vivekananda'. The english translation was by Swami Yogeshananda. This book is the fifth one among the series of books published as part of Swami Vivekananda Sardha Shati Samaroh. We hope this publication will inspire the reader to study Swami Vivekananda.

Swami Vivekananda's writings are of such inspirational quality that the ordinary reader is apt to miss the main trend of his thoughts. This handy digest is meant to stimulate the reader to go to Vivekananda's original works with a better understanding of their thought structure. It's a doorway to the splendid literature of one of the greatest philosopher-saints of

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the modern age. Published by Advaita Ashrama, a publication house of Ramakrishna Math, Belur Math, India.

Yoga Sastra: The Yoga Sutras of Patanjali Examined - With a Notice of Swami Vivekananda's Yoga Philosophy is an unchanged, high-quality reprint of the original edition of 1897.

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The basic questions of Who Am I? Where Am I Going? What Is the Purpose of Life? are asked by every generation, and Patanjali's answers (given in the third century BC) form one of the oldest spiritual texts in the world. 'That which unites' is called 'Yoga' - and is thus much broader than the form of exercise so popular today. It is a way to restore our lost wholeness, our integrity as complete human beings, by unifying the personality around a centre that is silent and unbounded. Alistair Shearer's superb introduction and translation bring these ancient, vital teachings to life in the modern world and are for all those who seek the benefits of self-knowledge.

Excerpt from Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy It has been the unhappy lot of India to have had for thousands of years a succession of teachers who palmed off their crude ideas as inspired. The result has been, in the words of Sir H. S. Maine, "false morality, false history, false philosophy, false physics." All educated Hindus will admit that the history, geography, and astronomy of the Hindu sacred books are egregiously wrong. In the following pages it is

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shown that belief in Yoga powers and charms is equally mistaken. Marvellous power may indeed be acquired, but not by Yoga. The reader is advised to follow the course pointed out at page 58. "Awakened India," instead of adopting the Fowl or Tortoise Upset Posture, with his eye fixed on the tip of his nose and seeking "the suppression of the transformations of the thinking principle," should rather endeavour to have his muscles braced like those of Prince Ranjitsinhji, his faculties of observation cultivated like those of Professor Bose, his ability to weigh evidence developed like that of Dr. Bhandarkar. Instead of a dreamy pessimism, let there be active benevolence. Thus would India advance in civilization with a speed before unknown. "Above all, let the deep religious feeling of the Hindu mind be wisely directed. Let the Bhakti Yoga have for its object the loftiest ideal of majesty, wisdom, goodness and purity. Such is the great Creator and Lord of the Universe." About the Publisher

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