

Download File The Yoga Tradition Its History Literature Philosophy And Practice Georg Feuerstein Free Download Pdf

The Yoga Tradition The Yoga Tradition The Inner Tradition of Yoga Do Your Om Thing The Path of Yoga Yoga and the Hindu Tradition Myths of the Asanas Yoga The Sacred Tradition of Yoga Meditation in the Yoga Tradition Yoga in the Shambhava Tradition Inner Yoga Yoga Body Yoga in Practice Thai Yoga Therapy for Your Body Type The Deeper Dimension of Yoga The Psychology of Yoga The Yoga Tradition of the Mysore Palace Yoga in the Kashmir Tradition Yoga Roots of Yoga Yoga and the Hindu Tradition Yoga, Tradition of Unification Babaji and the 18 Siddha Kriya Yoga Tradition The Shambhala Encyclopedia of Yoga The Shambhala Guide to Yoga Ashtanga Yoga The Truth of Yoga The Secret Power of Yoga Living Your Yoga Yoga by the Numbers The Genius of Yoga Yoga Morality The Business Casual Yogi The Encyclopedia of Yoga and Tantra Is This Yoga? Tantra The Wisdom of Yoga Sinister Yogis Embrace Yoga's Roots

On the Haṛṛha Yoga tradition based on age old practice in Mysore Palace, with illustrations of asanas from the Yoga section of ṛṛtattvanidhi by Krṛṛṛarṛja Vaṛeyara, III, Maharaja of Mysore, fl. 1799-1868; includes English translation of the text. The popular perception of yoga in the West remains for the most part that of a physical fitness program, largely divorced from its historical and spiritual roots. The essays collected here provide a sense of the historical emergence of the classical system presented by Patañjali, a careful examination of the key elements, overall character and contemporary relevance of that system (as found in the Yoga Sutra) and a glimpse of some of the tradition's many important ramifications in later Indian religious history. Embrace Yoga's Roots: Courageous Ways to Deepen Your Yoga Practice explores the yogic traditions of the past, bringing them alive today, and preserving them for the future by examining what separates us, reflecting on our part, taking action for equity, and moving toward liberation together. The teaching format of this book offers tools, resources, and a framework for deep personal inquiry as readers explore: Separation: How colonization, cultural appropriation, and oppression results in trauma for yogis and separation from yoga traditions. Reflection: Understanding the causes of separation and our individual roles either supporting separation (knowingly or not) versus creating unity and equity in yoga. Reconnection: Exploring specific and concrete skills and solutions for living and practicing yoga as unity. Liberation: Integrate a more honorable and ethical practice in your life supporting personal growth by following the ancient teachings. Learn how to drive success and balance through adopting the principles of the world's oldest and most successful fitness regime: Yoga. Yoga has long been embraced by the Western world for its physical, mental, and spiritual benefits—combining lifestyle philosophy and rewarding physical exercise with socio-economic practices for internal and external strength, focus, and calm. As yoga has found a home in mainstream society, its frameworks and techniques are proving increasingly relevant

to leadership demands of the modern business world. This practical guidebook provides accessible methods for using yoga and Ayurveda as a means to fully unlock the creativity and leadership potential required to achieve career success, while simultaneously finding inner harmony and overall well-being. The authors—a successful California technology entrepreneur turned executive coach and a world-renowned Himalayan yoga master with a PhD—have created a real-world approach to establishing a lasting balanced lifestyle without the need for any prior yoga experience. In this illuminating book, they leverage their understating of the priorities of the busy modern professional to present a simple and accessible system for changing your life through yoga. Filled with physical and mental exercises, personalized guides for diet and lifestyle, and tools such as meditation and breathing exercises, *The Business Casual Yogi* has an easy-to-follow framework that will help you attain greater happiness, balance, and success. “An excellent book that makes the ancient wisdom tradition of Yoga accessible to a modern audience.” —Gopi Kallayil, Chief Evangelist, Brand Marketing, Google, and author of *The Internet to the Inner-net* and *The Happy Human* “The teachings of *The Business Casual Yogi* have helped me become a better person and leader. We all know the “what” —that yoga is good for us. For an engineer like me, I needed the “why” and the “how.” This book illustrates that and helps create a roadmap to achieve balance between body, mind and career success.” —Tuhin Halder, Vice President of Finance & Operations, Comcast Corporation “For those professionals looking to take their business and their personal lives to the next level, Vish has provided all the necessary tools and ingredients for your journey. Truly a book that personally inspires through introspection and one you will want to continually refer too.” —Jim Schlager, Principal, Moss Adams Wealth Management Most people assume that 'postural' yoga is an ancient Indian tradition. But in fact, as Singleton shows, this type of yoga is quite a recent development. Singleton presents a study of the origins of postural yoga,

challenging many current notions about its nature and origins. Tantra—often associated with Kundalini Yoga—is a fundamental dimension of Hinduism, emphasizing the cultivation of "divine power" (shakti) as a path to infinite bliss. Tantra has been widely misunderstood in the West, however, where its practices are often confused with eroticism and licentious morality. *Tantra: The Path of Ecstasy* dispels many common misconceptions, providing an accessible introduction to the history, philosophy, and practice of this extraordinary spiritual tradition. The Tantric teachings are geared toward the attainment of enlightenment as well as spiritual power and are present not only in Hinduism but also Jainism and Vajrayana Buddhism. In this book, Georg Feuerstein offers readers a clear understanding of authentic Tantra, as well as appropriate guidance for spiritual practice and the attainment of higher consciousness. "Revised and expanded edition of *The Shambhala Encyclopedia of Yoga*, previously published in 1997." Discover the transformational power of yogic meditation--a practice that goes beyond mindfulness to help you access your innate "inner genius" and source of creative inspiration. Both mindfulness meditation and yoga practice have reached such a level of popularity that they have revolutionized how we think about tending to the health and well-being of ourselves, our families, our patients, students, and co-workers. But meditation done through a yogic framework goes beyond mindfulness. It not only gives you specific tools for improving health and creating emotional balance, but also offers you an experience beyond the sense-focused mind. It allows you to access atman, your unbound intelligence, or what the authors refer to as your innate "genius." Accessing atman allows you to go beyond the limits of mindfulness to reach a deep source of creativity and inspiration within you--and connects you to your true purpose and direction in life. 'An indispensable companion for all interested in yoga, both scholars and practitioners' Professor Alexis G. J. S. Sanderson Despite yoga's huge global popularity, relatively little of its roots is known among

practitioners. This compendium includes a wide range of texts from different schools of yoga, languages and eras: among others, key passages from the early Upanisads and the Mahabharata, and from the Tantric, Buddhist and Jaina traditions, with many pieces in scholarly translation for the first time. Covering yoga's varying definitions, its most important practices, such as posture, breath control, sensory withdrawal and meditation, as well as models of the esoteric and physical bodies, *Roots of Yoga* is a unique and essential source of knowledge. Translated and Edited with an Introduction by James Mallinson and Mark Singleton

A physical and dynamic form of yoga, Ashtanga combines an impressive sequence of yoga poses with special breathing techniques to heat the body internally and allow safe stretching of the muscles. Each of the yoga poses in this book is presented both separately and as part of complete practice, allowing the reader to gain a deep knowledge of the multidimensional philosophy of Ashtanga yoga and how it relates to everyday life. This book provides a rigorously researched, critically comparative introduction to yoga. *Is This Yoga? Concepts, Histories, and the Complexities of Contemporary Practice* recognizes the importance of contemporary understandings of yoga and, at the same time, provides historical context and complexity to modern and pre-modern definitions of yogic ideas and practices. Approaching yoga as a vast web of concepts, traditions, social interests, and embodied practices, it raises questions of knowledge, identity, and power across time and space, including the dynamics of "East" and "West." The text is divided into three main sections: thematic concepts; histories; and topics in modern practice. This accessible guide is essential reading for undergraduate students approaching the topic for the first time, as well as yoga teachers, teacher training programs, casual and devoted practitioners, and interested non-practitioners. Feuerstein is a renowned yoga scholar and a tireless communicator, sharing his knowledge in more than two dozen books on the subject as well as translations of key yoga scriptures. Most Westerners have a limited

understanding of what the term yoga, which means "union," implies. Feuerstein describes yoga as a "spectacularly multifaceted phenomena," and performs a truly yogic feat by combining commentary with translated Sanskrit teachings, history with theory, the spiritual with the practical, and the classical with the contemporary. He illuminates every facet and phase of yoga from its roots in shamanism to its connections to the complex and dynamic spirituality of India, especially yoga's relationship with Hinduism and Buddhism. Feuerstein explicates the different yogic schools and profiles key yoga teachers. Yoga is a vast and vital universe maintained over the centuries by the discipline and persistence of its practitioners, who strive to join the physical with the spiritual, the "individual self with the supreme Self." No more adept or comprehensive study of yoga aimed at a Western audience is to be found. "It is impossible to be a good yogi or yogini without also being a morally mature individual," writes internationally-known Yoga authority and author, Georg Feuerstein. *Yoga Morality* looks at our present world situation - primarily from the viewpoint of a spiritually-committed person, especially a practitioner of Yoga. It addresses the question: How are we to live consciously, responsibly, authentically, and without fear in the midst of mounting global crises? This book is a hard-hitting critique of the media hype surrounding Yoga, and an exploration of Yogic philosophy and practice to discover what it really means to be a mature and moral person. Topics Include: Moral Law and Cosmic Law; Interconnectedness and the Web of Life; Universal Morality and Personal Virtues; Truthfulness; Compassion; Generosity; Death, Freedom, and Moral Spontaneity. *Introduces yoga and discusses its spiritual as well as health benefits* A fascinating explanation of the significant, often symbolic role that numbers play in yoga philosophy—by beloved yoga teacher and writer Richard Rosen. Numbers play a meaningful role in the philosophy of many spiritual traditions—and yoga is no exception. For example, the number one is the quintessential yoga number, representing “unity” and

“wholeness”; number two sometimes stands for co-operative effort, and other times for conflict; and number four is the number of completeness or stability, as it “stands” on “four legs.” There are twelve different names for the mantra OM, each one revealing a different aspect of this root sound. With his distinctive blend of knowledge and humor, Richard Rosen unpacks the fascinating significance that numbers hold in the philosophy and practice of yoga. Stories and practices woven throughout—like the Eka Danta simple meditation exercise, which concentrates on “one pointedness” and is associated with the one tusk of Ganesh—offer readers a hands-on way to explore the importance of numbers in their own practice. Yoga by the Numbers will enlighten and entertain the yogi in your life. A form of Thai Yoga Massage that focuses on the three Ayurvedic body types • Explains how to determine a person’s Ayurvedic body type and provides hands-on techniques for working with them • Brings the practices presented in Thai Yoga Massage to a new customized level of therapeutic healing

The traditional healing arts of Ayurveda and Thai Yoga Massage have a deep and integrated relationship that provides an unparalleled modality for restoring body, mind, and spirit. Although it originated in India, over the centuries Ayurveda has been assimilated into the predominant Thai culture and has evolved into a distinctive folk medicine. With the growing popularity of Ayurveda and Thai Yoga Massage, there is a renewed interest in reuniting these practices into a powerful therapeutic alliance. Thai Yoga Therapy for Your Body Type bridges the practice of Thai Yoga Massage with its ancient Ayurvedic roots to offer a complete and holistic healing modality. The authors first explain in detail the fundamental principles of Ayurveda and then recommend daily practices for each of the three main body types of vata, pitta, and kapha. Practitioners learn how to customize their work with the appropriate massage approach, recommended yoga asanas, breathing techniques, and diet and lifestyle tips. More than 50 illustrated, full-body Thai Yoga Massage postures are presented as well as a

massage flow for each body type. The authors indicate the Ayurvedic benefits of each posture and detail any precautions that should be followed in this dynamic practice of transformative healing. Instructor Swami Omkari Devananda presents a compilation of teachings that have been part of the Shambhava School of Yoga for years. Hatha yoga is beneficial in two ways. It improves the health of every bodily system and spiritually speaking, helps with the process of opening within and achieving a state of deep awareness. Each of the five chapters offer a different level of postures starting with the easiest and gradually increasing in difficulty. Each section has poses, meditation exercises, breathing exercises and daily gratitude practices. There are also specific recommendations for beginners, practitioners, teachers, and meditators, and those who are in recovery or need to recondition their bodies. Beautiful, full-color photos accompany each pose. Beginners to instructors will find yogic inspiration in these pages. *Yoga, Meet Life*. Sometimes an hour-long yoga class is the only chance we get to connect meaningfully with our bodies and our minds during a week otherwise full of work, family, and the daily grind. Have you ever wondered how would it feel to bring that experience of awareness and calm out of the yoga studio and into your everyday life? After all, we know that practicing yoga can give us a leaner body and more sculpted limbs, but isn't its most important benefit the way it makes us feel? In *Do Your Om Thing*, master yoga teacher and creator of the popular blog OmGal.com Rebecca Pacheco shows us that the true practice of yoga is about much more than achieving the perfect headstand or withstanding an hour-long class in a room heated to 100 degrees. "Yoga is not about performance," she tells us, "it's about practice, on your mat and in your life. If you want to get better at anything what should you do? Practice. Confidence, compassion, awareness, joy—if you want more of these—and who doesn't?—yoga offers the skills to practice them." In her warm, personal, and often hilarious prose, Rebecca translates yogic philosophy for its twenty-first-

century devotees, making ancient principles and philosophy feel accessible, relatable, and genuinely rooted in the world in which we live today. And by illuminating how the guiding principles of yoga apply to our modern lives, Rebecca shows us that the true power of a yoga practice is not physical transformation, but mental and spiritual liberation. A succinct, approachable guide to the origins, development, key texts, concepts, and practices of yoga. Yoga is practiced by many millions of people worldwide and is celebrated for its mental, physical, and spiritual benefits. And yet, as Daniel Simpson reveals in *The Truth of Yoga*, much of what is said about yoga is misleading. For example, the word “yoga” does not always mean union. In fact, in perhaps the discipline’s most famous text—the *Yoga Sutra of Patanjali*—its aim is described as separation: isolating consciousness from everything else. And yoga is not five thousand years old, as is commonly claimed; the earliest evidence of practice dates back about twenty-five hundred years. (Yoga may well be older, but no one can prove it.) *The Truth of Yoga* is a clear, concise, and accessible handbook for the lay reader that draws upon abundant recent scholarship. It outlines these new findings with practitioners in mind, highlighting ways to keep traditions alive in the twenty-first century. Deepen your practice by learning the inner meaning of the asanas you practice, the slow, controlled breathing necessary for effective meditation, the power of sound in focusing the mind, how to improve your concentration, and how to connect every aspect of your practice to the Divine Source. Let *Inner Yoga* take you on a journey of self-discovery, exploring through yoga, the rich layers of consciousness in a warm, intimate, empowering journey inward. In *The Secret Power of Yoga*, world-renowned Yoga expert Nischala Joy Devi interprets Patanjali’s *Yoga Sutras*, the principles at the basis of Yoga practice, from a heart-centered, intuitive, feminine perspective, resulting in the first translation intended for women. Yoga is well known for its power to create a healthy body, but few realize the emotional and spiritual benefits. Devi’s simple, elegant, and

deeply personal interpretations capture the spirit of each sutra, and her suggested practices offer numerous ways to embrace the spirituality of Yoga throughout your day. This overview of the essentials of Yoga is meant to both broaden and deepen the understanding of beginning students. It covers all the basic elements of this ancient discipline and philosophy of India—including Yoga poses, diet, breath control, meditation, mantras, Kundalini energy, and more. It also includes newly translated excerpts from the scriptures and pays special attention to branches of Yoga, such as Tantra, that are of great interest to Western students but are frequently misunderstood. For modern spiritual seekers and yoga students alike, here is an irreverent yet profound guide to the most sophisticated teachings of the yoga wisdom tradition—now brought to contemporary life by a celebrated author, psychotherapist, and leading American yoga instructor. While many Westerners still think of yoga as an invigorating series of postures and breathing exercises, these physical practices are only part of a vast and ancient spiritual science. For more than three millennia, yoga sages systematically explored the essential questions of our human existence: What are the root causes of suffering, and how can we achieve freedom and happiness? What would it be like to function at the maximum potential of our minds, bodies, and spirits? What is an optimal human life? Nowhere have their discoveries been more brilliantly distilled than in a short—but famously difficult—treatise called the Yogasutra. This revered text lays out the entire path of inner development in remarkable detail—ranging from practices that build character and mental power to the highest reaches of spiritual realization. Now Stephen Cope unlocks the teachings of the Yogasutra by showing them at work in the lives of a group of friends and fellow yoga students who are confronting the full modern catastrophe of careers, relationships, and dysfunctional family dynamics. Interweaving their daily dilemmas with insights from modern psychology, neuroscience, religion, and philosophy, he shows the astonishing relevance and practicality of this timeless

psychology of awakening. Leavened with wit and passion, *The Wisdom of Yoga* is a superb companion and guide for anyone seeking enhanced creativity, better relationships, and a more ethical and graceful way of living in the world. There is more to the tradition of yoga than toning and strengthening. At the root, there is a vast and intriguing philosophy that teaches the ethics of nonviolence, patience, honesty, and respect. Michael Stone provides an in-depth explanation of ancient Indian yogic philosophy along with teachings on how to bring our understanding of yoga theory to deeper levels through our practice on the mat—and through our relationships with others. If you think that you have to retreat to a cave in the Himalayas to find the enlightenment that yoga promises, think again. In this second edition of *Living Your Yoga*, Judith Hanson Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life—all of them—as ways to practice. This edition includes three new chapters (Relaxation, Empathy, and Worship), a full index, and new interior and cover designs. Using the time-honored wisdom of the *Yoga Sutra* and the *Bhagavad Gita* to steer the course, she serves up off-the-mat practices to guide you in deepening your relationships with yourself, your family and friends, and the world around you. Inspiring and practical, she blends her heartfelt knowledge of an ancient tradition with her life experiences as a daughter, sister, partner, mother, friend, and yoga practitioner and teacher. The result: a new yoga that beckons you to find the spiritual in everyday life. Here is an authentic portrayal of a rich and complex spiritual tradition of India. The over two thousand entries cover Yoga's history, its many approaches, schools, teachers, scriptures, as well as its technical terminology. The book is arranged and written in a manner that will inform rather than overwhelm the lay reader, while at the same time offering valuable references for the professional researcher and the historian of religion. The *Shambhala Encyclopedia of Yoga* offers the following features:

- Each entry has cross-references

providing pertinent conceptual links • Entries are in English alphabetical order, unlike comparable reference works that follow Sanskrit alphabetical order, which is difficult for the lay reader to follow •

• Orientational entries provide an overview of central aspects of the Yoga tradition, such as history, psychology, and major branches • Many entries cite or even quote original sources, shedding light on how a given term is used by traditional Yoga authorities

The first authoritative biography of Babaji, the immortal master made famous by Yogananda's *Autobiography of a Yogi*, an all-time best-seller. Babaji lives today near Badrinath, in the upper Himalayan mountains. His body has not aged since the age of sixteen, when centuries ago he attained the supreme state of enlightenment and divine transformation. This followed his initiation into scientific art of Kriya Yoga by two deathless masters, the siddhas Agastyar and Boganathar, who belonged to the "18 Siddha Tradition", famous among the Tamil speaking people of southern India. This rare account, by a long time disciple, reveals their little known stories, ancient culture and present mission, as well as how their Kriya Yoga can be used to bring about the integration of the material and spiritual dimensions of life. Clear explanations of the psychophysiological effects of Kriya Yoga and guidelines for its practice are given. It includes verses from the Siddhas' writings with commentary. A book which will inspire you. Enhance your yoga practice with this all-new expanded edition of the ultimate guide to the stories behind the most beloved poses of all time. Many yoga practitioners explore the benefits of yoga through its poses, but did you know that the magic and mystery of yoga lie within the power of yogic mythology? *Myths of the Asanas* was the first book to collect and retell the ancient tales of yogic myth to a modern audience, and has since become a beloved resource for yoga practitioners and instructors the world over. This expanded edition contains nine unheard stories about some of the yoga world's most beloved poses. The myths behind yoga's spiritual tradition have the power to help students of all levels realize their

full potential. Understanding the subtle whimsy and power of the child while in child's pose gives us permission to recall forgotten dreams and find the power to manifest them now. Learning of the disabilities of the great sage Astavakra while attempting his arm-balance pose encourages us to understand how powerful we are when we recognize the strength that lies beyond any perceived limitations. Marveling at the monkey-god Hanuman's devotion to his best friend, Ram, keeps us in alignment with our integrity during the hanumanasana splits pose as we dig deeply to discover the source of spiritual strength within ourselves. A popular and critical success when it first appeared in France, *Yoga and the Hindu Tradition* has freed Yoga from the common misconceptions of the recent Yoga vogue. Jean Varenne, the distinguished French Orientalist, presents the theory of classical Yoga, in all its richness, as a method—a concrete way to reach the Absolute through spiritual exercises—which makes possible the transition from existence to essence. This excellent translation, including line drawings and charts, a glossary of technical terms, and a complete translation of the *Yoga Darshana Upanishad*, begins with a brief description of the metaphysical and religious history on which Yoga is based. Varenne discusses the theoretical conception of Yoga as the search for liberating knowledge, concluding with a brief indication of the physical practices and extra Yogic themes such as Kundalini and Tantrism. It is the author's hope that "those who read [this book] will come to realize that it is in fact dishonest to reduce Yoga to some sort of physical training, or to just an occult doctrine; it is a 'world view' a Weltanschauung that comprehends reality in its totality." "The straightforward, well-organized presentation makes the book itself a microcosm of what Varenne singles out as a dominant feature of classical Hindu thought—a bringing of the complex and multitudinous into a unity."—Judith Guttman, *Yoga Journal* A guide to personal discipline and social ethics from a classical Sanskrit scholar, designed for the modern yoga practitioner. In today's complex world, how is

it possible to truly live as a yogi? Traditional yoga theory offers fresh, insightful solutions to today's practical lifestyle concerns, ranging from environmentalism to personal health and wellness. Tuning into classic yoga philosophy and teachings can bring to light our greatest strengths while showing us how to maintain a healthy body and clear mind while attaining inner happiness. Drawing from his personal experiences of yoga and insight into ancient Sanskrit texts, Dr. Shankaranarayana Jois connects yogic philosophy to how we approach food, work, education, relationships, and other conscious lifestyle choices to support our deepest longings for happiness, peace, and balance. Practical and insightful, *The Sacred Tradition of Yoga* begins with a clear and deep inquiry into the human condition, reminding us of true purpose of Yoga. The second half of the book focuses on the yamas and niyamas, the personal disciplines and social ethics of yoga. Throughout, Dr. Jois' teachings honor ancient traditions and underscore the benefits we can gain from adopting a yogic way of life in the modern world. Since the 1960s, yoga has become a billion-dollar industry in the West, attracting housewives and hipsters, New Agers and the old-aged. But our modern conception of yoga derives much from nineteenth-century European spirituality, and the true story of yoga's origins in South Asia is far richer, stranger, and more entertaining than most of us realize. To uncover this history, David Gordon White focuses on yoga's practitioners. Combing through millennia of South Asia's vast and diverse literature, he discovers that yogis are usually portrayed as wonder-workers or sorcerers who use their dangerous supernatural abilities—which can include raising the dead, possession, and levitation—to acquire power, wealth, and sexual gratification. As White shows, even those yogis who aren't downright villainous bear little resemblance to Western assumptions about them. At turns rollicking and sophisticated, *Sinister Yogis* tears down the image of yogis as detached, contemplative teachers, finally placing them in their proper context. A unique reference work from the foremost

writer on Yoga today, **THE YOGA TRADITION** surveys the 5,000-year history of Hindu, Buddhist, Jain, and Sikh Yoga, featuring full and partial translations of numerous key scriptures and over 200 illustrations. It is considered the **CLASSIC** text on Yoga practice and history. The intention of this book, *Meditation in the Yoga Tradition* is to encourage and offer inspiration, information and practices to anyone seeking to begin, sustain or enhance a meditation practice. The Yogic Wisdom contained in this book augments the practices to inform us about the various ways meditation can be suited to every personality, mental and emotional perception. Much of this wisdom comes from Scriptural Testimony, often quoted from the *Secret Power of Yoga*, a translation by Nischala Joy Devi of *The Yoga Sutras of Patanjali*. The varied aspects allow for you to assimilate the various techniques either in solitude or in tandem with other practices to aid us in achieving a state of peace that comes from knowing the inner workings of the mind and emotions. Use the varied meditation practices in the book allowing yourself to gauge which of the practices appeal to you while they invigorate your zest to know the self. A strong commitment to regular practices is necessary for the state of meditation to be realized. The hope is this simple guide will inspire your dedication to knowing the Self, through meditation. This will lead to a Dynamic Stillness in everything you do and ultimately will express who you really are. Enjoy reuniting with your inner light, Om Shanthi. An anthology of primary texts drawn from the diverse yoga traditions of India, greater Asia, and the West. Focuses on the lived experiences in the many world of yoga. "Psychoanalysis itself and the lines of thought to which it gives rise," said C. G. Jung, "are only a beginner's attempt compared to what is an immemorial art in the East"—by which he was referring to the millennia-old study of the mind found in Yoga. That tradition was hardly known in the West when the discipline of psychology arose in the nineteenth century, but with the passing of time the common ground between Yoga and psychology has become ever more apparent. Georg Feuerstein

here uses a modern psychological perspective to explore the ways Hindu, Buddhist, and Jaina yogas have traditionally regarded the mind and how it works—and shows how that understanding can enhance modern psychology in both theory and practice. In "Yoga in the Kashmir Tradition," Billy Doyle gives a simple yet profound guide to a yoga that is far removed from the glorified gymnastics and almost competitive nature of yoga that some of us are familiar with. Jean Klein, Billy's own teacher taught this approach, based on awareness through body sensation. If we have first understood, or have the deep conviction, that in our real nature there is nothing to become, nothing to attain, then we can explore the body and its movements without end-gaining. We can practise yoga to free us from what we are not, and perhaps more profoundly, simply for the joy of it. Jean also had reservations about certain dualistic tendencies in yoga: yoga means to join, but to join what? We are one from the beginning; we only have to see it. The emphasis here is not on achieving something but on listening and exploring without will or effort. In the progressive approach one evolves through various levels of spiritual attainment. But there is always a someone, an ego, still evolving. In the direct approach there is simply recognising the false as false, that you can never be something objective. The personal has no role to play. Jean Klein was a master of Advaita (non-dualism) and yoga. He taught yoga in the Kashmir Tradition, an approach based on awareness through body sensation, which is here presented by Billy Doyle, a long term student of Jean Klein. This teaching was grounded in the non-dualistic perspective. Yoga in the Kashmir Tradition: The Art of Listening therefore covers all facets of Jean Klein's teaching." "Here is a comprehensive survey of the full breadth and depth of the 5,000-year-old Yoga tradition, emphasizing its potent philosophy and spiritual vision. Georg Feuerstein demonstrates that Yoga is much more than a system of physical exercises—it is a profound path of self-transformation that encompasses a range of teachings, practices, and sacred texts that can help us

cultivate wisdom, balance, and inner freedom, as well as physical health. Feuerstein is one of the few Western scholar-teachers of Yoga whose writing and teaching penetrate the full richness and depth of this ancient tradition. Here he offers a collection of essays touching on all facets of the discipline. Topics include: • The different branches and styles of Yoga • The ethical teachings of Yoga • Yoga and vegetarianism • Meditation and mantras • Choosing a teacher • Tantric Yoga • The experience of ecstasy

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