

La Perfection Du Yoga

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the point of yoga he explains in the bhagavad gita the central and foundational text of all vedic wisdom krishna concisely explains the actual essence of yoga

un savoir indispensable dans un monde en quête de valeurs la tradition millénaire du yoga exposée par un maître authentique au delà des exercices de méditation et des postures le yoga de l amour sublime qui nous unit à dieu

the stage of perfection is called trance or samadhi when one is completely restrained from material mental activities by practice of yoga in that joyous state one is situated in transcendental happiness and enjoy himself through transcendental senses established thus one never departs from the truth bhagavad gita 6 20 23

a world renowned yoga master cuts through the commercialism that now clouds the real meaning of yoga beyond the postures and exercises he explains the ancient teachings of yoga aim at lasting loving union with the supreme the author his divine grace a c bhaktivedanta swami prabhupada has written more than 60 volumes of authoritative translations commentaries and sun dry studies of the philosophical and religious classics of india highly respected in academic circles for their authority depth and clarity they are used as standard textbooks in numerous colleges and universities around the world

commentary on patanjali s sutras updated edition

this book is the first study to engage directly with the transformations and adaptations of yoga in the modern world it addresses the dialectic and ideological exchange between yoga s ancient precursors and modern praxis and the development and consolidation of yoga in global settings

how the mind works according to the ancient yogic traditions compared and contrasted to the approaches of western psychology by one of the greatest yoga scholars of our time georg feuerstein begins the book by establishing the historical context of modern western psychology and its gradual encounter with indian thought then follows this introduction with twenty three chapters each of which presents a topic generally a point of correspondence or distinction between western and eastern paradigms these are grouped into three general sections foundations mind and beyond and mind in transition the book concludes with a brief epilogue as well as three appendices adding depth to the discussion of the ancient yoga traditions as well as an informative survey of yoga psychology literature the psychology of yoga is a feast of wisdom and lore assembled from a perspective possible only for one whose monumental scholarship has been tempered and leavened by practice

clear accessible and meticulously annotated tracing the path of yoga offers a comprehensive survey of the history and philosophy of yoga that will be invaluable to both specialists and to nonspecialists seeking a deeper understanding of this fascinating subject stuart ray sarbacker argues that yoga can be understood first and foremost as a discipline of mind and body that is represented in its narrative and philosophical literature as resulting in both numinous and cessative accomplishments that correspond respectively to the attainment of this worldly power and otherworldly liberation sarbacker demonstrates

how the yogic quest for perfection as such is situated within the concrete realities of human life intersecting with issues of politics economics class gender and sexuality as well as reflecting larger indic religious and philosophical ideals

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