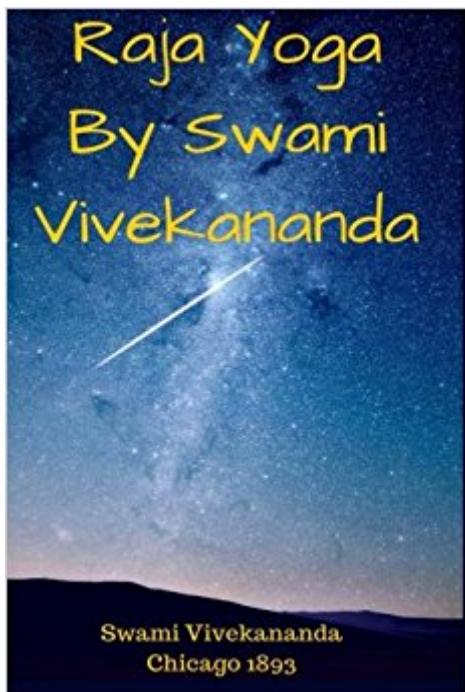


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Raja Yoga By Swami Vivekananda



Synopsis

Raja Yoga By Swami Vivekananda The book "Raja Yoga" was one of the most popular books written by the famous Hindu monk Swami Vivekananda based on his own understanding, interpretation and commentaries of Patanjali's Yoga sutras in the year of 1896. According to Hinduism there are four yoga models one of which includes Raja Yoga that offers a practical means to understanding the divine force and getting on the path towards the ultimate goal of liberation from the cycle of birth (the other three Yogas are the classical Karma Yoga, Bhakti Yoga, and Jnana Yoga. The Raja Yoga today forms the basis of the western understanding, practice and philosophy of Yoga. It contains a complete practicing manual of yoga postures (asana), relaxation, pranayama and meditation. The chapters included in the book Raja Yoga written by Swami Vivekananda

PREFACE INTRODUCTORY THE FIRST STEPS PRANA THE PSYCHIC PRANA THE CONTROL OF PSYCHIC PRANA PRATYAHARA AND DHARANA DHYANA AND SAMADHI RAJA-YOGA IN BRIEF PATANJALI'S YOGA APHORISMS INTRODUCTION CONCENTRATION: ITS SPIRITUAL USES CONCENTRATION: ITS PRACTICE POWERS INDEPENDENCE APPENDIX: REFERENCES TO YOGA

Book Information

Paperback: 192 pages

Publisher: CreateSpace Independent Publishing Platform (December 6, 2015)

Language: English

ISBN-10: 1519718802

ISBN-13: 978-1519718808

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 12.3 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 130 customer reviews

Best Sellers Rank: #115,753 in Books (See Top 100 in Books) #43 in Books > Politics & Social Sciences > Philosophy > Eastern > Indian

Customer Reviews

Greatest book on Yoga- swamiji has written this book more than hundred years before , But even now there is no book on this topic which can even be compared with this. Being a vedantin he has treated the subject matter almost in terms of not only " Yoga" but really in terms of " Yoga Vedanta " .The translation of each sanskrit sutra in english and swamiji's commentary on that is superb. A must book for serious yoga reader.

Titanic works by one of the original and purest souls to leave India to bring the message of yoga and self-realization through self-effort to the world. Wisdom and a practical vision of soul exploration and discovery on every page. A must-have book for seekers.

Great Book which everyone should read to get a different perspective on life and your spiritual life too.

As a student of many different philosophies, I have found Raja-Yoga to be one of the most thought-provoking and ingenious approaches to the merging of scientific principles, research, and repetition to a very esoteric practice. I, for one, have found great joy in this book. It takes a while to read it even though it be only a few hundred pages. One may find, as I did, that each page deserves to be carefully plucked and examined before going to the next one.

Very interesting indeed. I teach yoga, I live yoga... and this book is fascinating. Toward the end it gets a little beyond me esoterically, but in the begining, when he discusses Patanjali's Yamas and Niyamas I'm right their with him. I have it on my kindle for bus-time reading.

All the new age writings and teachings do is restate his writings making a platform to make money. VIVEKANANDA'S thoughts are timeless and free to all seekers.

This book is fantastic. As a peek into Vedanta philosophy it is flawless and essential. This book is necessarily religious and mystical but at the same time strongly discourages credulity and leaving your brain at the door. Great reading as a fundamental yoga text alone. However this book is meant to be applied, not just enjoyed. Practice Raja-yoga in full or incorporate it into your occult or yogic mystic practice and see the results for yourself!

What a brilliant mind. In the ancient sense of the word which included heart-mind. However what he means by the word "personality" in part 2, is not what we think of as outward personality today - persona, but the developed inner personality - charisma where the heart, mind, and will have become one integrated whole in action. All seekers should read this short but compact document.

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Raja-Yoga & Patanjali Yoga-Sutra by Swami Vivekananda Raja Yoga By Swami Vivekananda Yoga

Sastra: The Yoga Sutras of Patenjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint) Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) A Restatement of Religion: Swami Vivekananda and the Making of Hindu Nationalism Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Raja Yoga Explained: Yoga for Beginners Guide Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) Raja Yoga: Conquering the Internal Nature Raja Yoga Raja Yoga or Conquering the Internal Nature Demystifying Patanjali: The Yoga Sutras (Aphorisms): The Wisdom of Paramhansa Yogananda Presented by his direct disciple, Swami Kriyananda Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1)

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