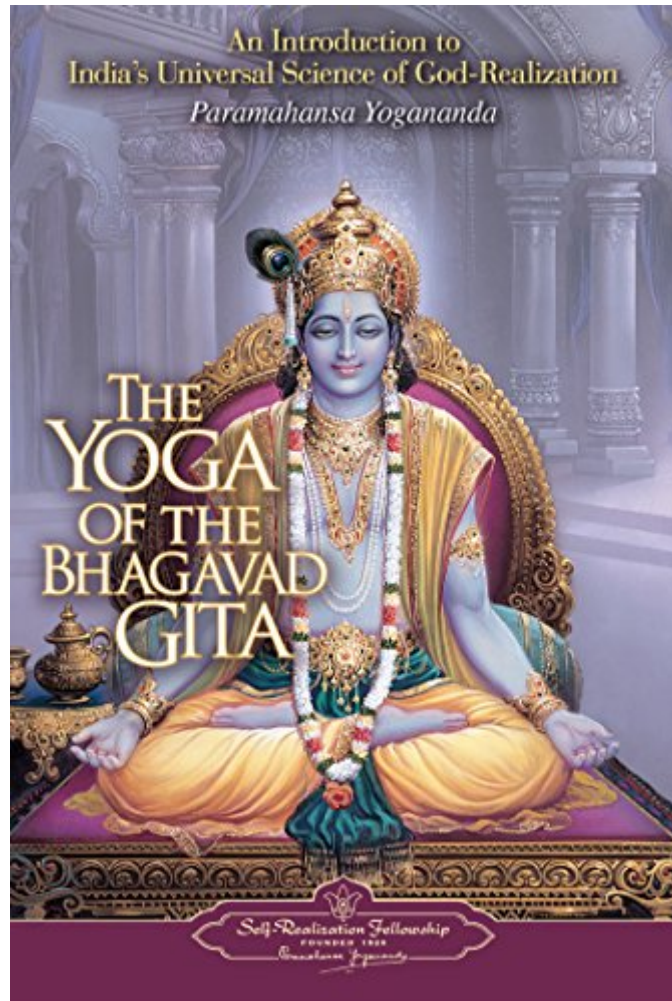




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The Yoga Of The Bhagavad Gita



Synopsis

With penetrating insight, Paramahansa Yogananda sheds a clarifying light on the deeper meaning of the Bhagavad Gita's symbology, and the true intent of India's timeless and universal scripture. He shows how the warriors doing battle on the field of Kurukshetra represent the negative tendencies of the human ego pitted against the divine qualities of the soul, and how the science of Yoga can help us achieve the joy of material and spiritual victory on the battlefield of daily life. An inspiring and concise introduction to the spiritual truths of India's most beloved scripture, these selections from Yogananda's critically acclaimed two-volume translation of and commentary on the Bhagavad Gita (God Talks With Arjuna) explain the step-by-step methods of yoga meditation and right action to achieve union with Spirit and ultimate liberation. Features Paramahansa Yogananda's original translation of the Bhagavad Gita for the first time in sequential form. Topics include: - Using self-analysis and introspection for continuous personal growth - Yoga methods for creating a life of peace and inner harmony - Understanding the psychological forces that help - and those that hinder - spiritual progress - Creating an ideal balance of material and spiritual goals - How to experience the deeper states of meditation and divine illumination.

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Customer Reviews

The editors and publishers at SRF have once again put together a masterpiece of spiritual wisdom harvested from the vast teachings - both spoken and written, of that great yogi Paramahansa Yogananda. It is almost like SRF has cloned the very creative and enlightened well of love that was Yogananda - and pulled out his teachings on the Bhagavad Gita from the astral world itself. This is a fresh and new approach to explaining the science of yoga - if that can be said about teachings and ideas that are thousands of years old. The editors were very careful to keep true to Yogananda's teachings and his words. It has all his energy and thoughts carefully edited and threaded together in a very readable and enlightening format. The book will delight old SRF devotees and inspire new believers. The book delivers at all levels and one will find reading this book a real gift to their spirit.

In my mind and experience, no other translation and commentary on the Gita comes close to Paramahansa Yogananda's for clarity, depth, understanding and insight. Reading it -- along with his other major chef d'oeuvre, "The Second Coming of Christ" -- has convinced me to become a devotee and student of his teachings. The insights he offers to the Gita are often literally breath-taking and his writing style is so eminently understandable as to be useful by anyone with a modest education and a sincere desire to learn. This is indeed a true spiritual classic of major proportion!

Out of all the translations of the Bhagavad Gita that I've read, Paramahansa Yogananda's is the most beautiful and comprehensible. Not to mention his insightful commentary that goes along with it. This new ebook version from SRF is so lovely - colorful and aesthetic. I've had the print version for a while now and always enjoyed it, even just reading a page or two puts my mind in an uplifted state. And so naturally I'm happy to have this on my kindle for on-the-go perusal. Would definitely recommend this book to anyone interested in striving to live a spiritual life in the modern world.

This is an enlightening read !

I have loved this book since I first read it has been a life changer for me! I absolutely live by. I suggest all upcoming yogi's to read all of Paramhansa Yoganada books.read the several times until you have a deeper understanding of them.

This is one several books by Paramahansa Yogananda, published by his legacy organization Self Realization Fellowship, which are as authoritative as anything in print on the significance of man's relationship with God. "The Yoga of the Bhagavad Gita" underlines the utility of scientific meditation, specifically Kriya Yoga, in developing that relationship. Yogananda's examination of the allegorical content of the Bhagavad Gita and Arjuna's triumphant struggle for spiritual enlightenment under the guidance of Lord Khrisna helped this often reluctant devotee renew his efforts.

After reading the Yoga of Jesus, I knew this one would be good as well. This is a must read for anyone taking Yoga Teacher Training. :)

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