

Patanjali Yoga In Gujarati

Providing a complete manual for the study and practice of Raja Yoga—the path of concentration and meditation—a new deluxe printing of a collection of timeless teachings is a treasure to be read and referred to again and again by seekers treading the spiritual path. Reprint.

The aphorisms collected in this book, first published in 1953, were composed by Patanjali, a great Indian sage, over 1,500 years ago, and here translated into clear English prose. The accompanying commentary interprets the sayings for the modern world, and in doing so gives a full picture of what yoga is, what its aims are, and how it can be practised.

Anthony Parel affords a new perspective on the philosophy of Mahatma Gandhi. He explores how Gandhi connected the spiritual with the temporal. Parel shows how Gandhi, drawing on the Indian time-honoured theory of the purusharthas or ‘the aims of life’, fitted his ethical, political, aesthetic and religious ideas together. In this way Gandhi challenged the notion which prevailed in Indian society that a rift existed between the secular and the spiritual, the political and the contemplative life.

A book which explores the Western and Eastern Philosophy and blends the same into the fundamental philosophies of Jainism. Content is provided in Both English and Gujarati to facilitate understanding for the reader. A book based on 30 years of personal experience, a must read for people into philosophy and Jainism and those who want to explore into a new era!

Ancient treatise on Yoga; Sanskrit text with English translation.

In A Tale of Two Theologians, Ambrose Mong's observant new work, he examines the writings of the Peruvian theologian Gustavo Gutierrez and the Indian theologian Michael Amaladoss, and gives fresh attention to their main concerns regarding evangelisation and the poor. Why, he asks, is Gutierrez's liberation theology now accepted and celebrated by the Roman Catholic Church while Amaladoss's Asian theology with a liberation thrust is threatened with censorship? Mong argues that the dwindling threat of Communism has made the Marxist overtones of Latin American liberation theology more palatable to the Catholic hierarchy, while the challenge of religious pluralism in Asia is as complex and emotive as ever.How can the Church learn to balance the need for dialogue between religions with their duty to proclaim the Gospel? How can the Church inculturate itself in Asia while maintaining its identity? Ambrose Mong tackles these questions with the shrewd, clear-eyed view of an active priest and scholar,

exploring the long, troubled relationship the Church has with liberation theology and offering guidance for the future.

THE SCIENCE OF YOGA MUDRAS

Containing his yoga aphorisms with Vyasa's commentary in Sanskrit and a translation with annotations including many suggestions for the practice of yoga

Philosophy & Enlightenment

Pranayom Rahasaya (Also Available In English, Panjabi, Gujrati And Marathi)

The Tantric Science of Brain Breathing

A New Translation with Commentary

A New Translation and Guide

How to Know God

The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom

Secrets of Prāṇāyāma, with Scientific Factual Evidence

The Yoga Sutras of Patanjali

This book contains the following works of Lahiri Mahasaya translated into English by Yoga Niketan: CONTENTS 1. Manu Samhita or Manu-Rahasya 2. Krishna-Yajurvediya Tejabindu Upanishad 3. Krishna-Yajurvediya Dhyanabindu Upanishad 4. Krishna-Yajurvediya Amritabindu Upanishad 5. Niralamba Upanishad 6. Patanjali Yoga Sutras 7. Garland of Letters (Patravali) In the middle of the eyebrows, at the root of the nasal passage, is the abode of Nectar; if one abides there--the One Who resides there--it is He that is Eternal; He is Omnipresent; thus Supreme. - Yogiraj Lahiri Mahasaya from Commentary on Krishna-Yajurvediya Dhyanabindu Upanishad Throw vayu up into space, abide as no-self in Brahman with breath sealed in Brahman and do yunjana. Via this, there will be rechak--meaning; you will be Still. - Yogiraj Lahiri Mahasaya from Commentary on Krishna-Yajurvediya Amritabindu Upanishad Remain steadfast in the poise of Kriya and proceed accordingly and all will be good. - Yogiraj Lahiri Mahasaya from the Garland of Letters 307 pages

Swami Vivekananda revealed to the world the true foundations of India's unity as a nation. He taught how a nation with such a vast diversity can be bound together by a feeling of humanity and brother-hood. Vivekananda emphasized the points of drawbacks of western culture and the contribution of India to overcome those. Netaji Subhash Chandra Bose once said: “Swamiji harmonized the East and the West, religion and science, past and present. And that is why he is great. Our countrymen have gained unprecedented self-respect, self-reliance and self-assertion from his teachings.” Vivekananda was successful in constructing a virtual bridge between the culture of East and the West. He interpreted the Hindu scriptures, philosophy and the way of life to the Western people. He made them realize that in spite of poverty and backwardness, India had a great contribution to make to world culture. He played a key role in ending India's cultural isolation from the rest of the world.

Kriyas are the constructive actions we contribute to our total wellness and enlightenment, as well as the transformative actions which spontaneously occur within us as the spiritual growth is experienced. Yoga can be defined as ` procedure , as practice

On the fundamentals, significance and application of Prāṇāyāma (Breathing exercise) in Yoga.

"A new translation of: The yoga sutras of Patanjali, the ancient Indian text which sets forth the practical and philosophical foundations of yoga, presented here with extensive commentary and spiritual exercises to assist in the practice and understanding of one's own spiritual search"--Provided by publisher.

"The definitive work by B.K.S. Iyengar, the world's most respected yoga teacher. B.K.S. Iyengar has devoted his life to the practice and study of yoga. It was B.K.S. Iyengar's unique teaching style, bringing precision and clarity to the practice, as well as a mindset of 'yoga for all', which has made it into the worldwide phenomenon it is today. 'Light on Yoga' is widely called 'the bible of yoga' and has served as the source book for generations of yoga students around the world. It is the classic text for all serious students of yoga." --Publisher description.

Hypnosis

English & Gujarati Combined

Patanjali Yoga Sutras

Gandhi's Philosophy and the Quest for Harmony

Encyclopaedia of Cities and Towns in India: Gujarat

The Yoga Sutras of Patanjali Examined : with a Notice of Swami Vivekananda's Yoga Philosophy

The National Bibliography of Indian Literature, 1901-1953: Assamese, Bengali, English, Gujarati

Catalogue of the Marathi, Gujarati, Bengali, Assamese, Oriya, Pishtu, and Sindhi Manuscripts in the Library of the British Museum

Changing Minds

THE RISE & RISE OF BABA RAMDEV & PATANJALI

Encyclopedia of Hinduism

This book by Dr. Desmarrais is by all means a positive contribution in the field of Yoga, Indology and cognitive neurosciences. It covers Eastern and Western, ancient and modern, religion and metaphysics, psychology and epistemology, as well as the cultural heritage for these. The book is arranged in six chapters using our common concept of show as a metaphysical stage: getting ready for the show; entering the theatre; taking the stage; all the world as stage; following the plot; thickening of the plot; and finally, the lights come up. This has its source in the Samkhya metaphor of prakrti as analogous to a divine actor, on the world stage and in a cosmic drama. Another symbolic metaphor that comes before our mind is that of Ardhanarinatesvara of Lord Siva, depicted as the Cosmic divine Supreme actor endowed with half-female in his person. The reader, the spectator or audience member, symbolizes the Purusa of Samkhya and yoga.

This Classic Book Is A Comprehensive Introduction To Yoga With Detailed Descriptions Of Over 200 Postures And 14 Breathing Exercises.

This volume explores aspects of yoga over a period of about 2500 years. In its first part, it investigates facets of the South Asian and Tibetan traditions of yoga, such as the evolution of posture practice, the relationship between yoga and sex, yoga in the theistic context, the influence of Buddhism on early yoga, and the encounter of Islam with classical yoga. The second part addresses aspects of modern globalised yoga and its historical formation, as for example the emergence of yoga in Viennese occultism, the integration of yoga and nature cure in modern India, the eventisation of yoga in a global setting, and the development of Patañjali’s iconography. In keeping with the current trend in yoga studies, the emphasis of the volume is on the practice of yoga and its theoretical underpinnings.

The Yoga Sutras of Patanjali are universally acknowledged as the fundamental text on yoga and meditation in the Indian classical tradition. This English translation of Yoga Philosophy of Patanjali is widely regarded as the most authoritative and authentic that has been available in recent times. It is a serious and clear presentation of Patanjali's sutras and Vyasa's Bhasya, providing these basic texts both in the original Sanskrit and in readable and accurate English. These classical works are augmented by the commentary of Swami Hariharananda Aranya, a scholar and yogi of great repute, who, in his lifetime, was the foremost exponent in India of the Samkhya Yoga system of which the Yoga Aphorisms of Patanjali are the principal work.

It goes to the credit of Baba Ramdev that he has made the ancient Yoga and herbs relevant in the modern times. He is the harbinger of ancient wisdom in the present times, so it becomes necessary to look into his life and way of living, his thinking and his doctrine, and his way of working and way of conducting himself in public life, all of which have contributed to present him to the world like a brand: a brand everybody adores and a brand that even multinational companies envy. We cannot know of the man that Baba Ramdev is without looking deeper into his mind, and this book is just a humble effort in that direction. In the coming pages, we shall explore different shades of his personality to trace the facts which have contributed to his making the national and international brand that he is today.

"Encyclopedia of World Religions" explores the major religions of the world, emphasizing the living faiths and their background. Each illustrated volume provides access to the theological concepts, personalities, historical events, institutions, and movements that helped shape the history of each religion and the way it is practiced.

Mind, Consciousness and Identity in Patanjali's Yoga-sutra and Cognitive Neuroscience

Yoga-Yajñavalkya

Yoga Sastra - The Yoga Sutras of Patanjali Examined with a Notice of Swami Vivekananda's Yoga Philosophy

Yoga Philosophy of Patanjali

The Science of Yoga

Treatment of Third World Theologies

The Definitive Guide to Yoga Practice

Indian National Bibliography

The Scriptural Commentaries of Yogiraj Sri Sri Shyama Charan Lahiri Mahasaya

Light on Yoga

Aushadh Darshan

Svara Yoga is the ancient science of pranic body rhythms which explains how the movement of prana can be controlled by manipulation of the breath. Recently, modern science has taken great interest in electromagnetic fields and the behaviour of bioenergy, which is the inherent energy principle of the body. With exciting development accelerating in such areas as bioenergetics, psychotronics and Kirlian photography, the science of svara yoga is now in great demand.

Patanjali Yoga Sutras is an age-old treatise written on 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.

Ancient aphoristic work on Hindu Yoga philosophy, with a study of the theory and practice of the system.

B.K.S. Iyengar--hailed as "the Michelangelo of yoga" (BBC) and considered by many to be one of the most important yoga masters--has spent much of his life introducing the modern world to the ancient practice of yoga. Yoga's popularity is soaring, but its widespread acceptance as an exercise for physical fitness and the recognition of its health benefits have not been matched by an understanding of the emotional, intellectual, and spiritual development that the yogic tradition can also offer. In Light on Life, B.K.S. Iyengar brings readers this new and more complete understanding of the yogic journey. Here Iyengar explores the yogic goal to integrate the different parts of the self (body, emotions, mind, and soul), the role that the yoga postures and breathing techniques play in our search for wholeness, the external and internal obstacles that keep us from progressing along the path, and how yoga can transform our lives and help us to live in harmony with the world around us. For the first time, Iyengar uses stories from his own life, humor, and examples from modern culture to illustrate the profound gifts that yoga offers. Written with the depth of this sage's great wisdom, Light on Life is the culmination of a master's spiritual genius, a treasured companion to his seminal Light on Yoga.

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 Śrīśa Chandra Vasu (1861 - 1918) that explores the Yoga Sutras of Patanjali with special reference to Swami Vivekananda's Yoga philosophy. Contents include: "The Samkhya System", "The Great Aim of Hindu Philosophy", "Yoga Sastra", "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.

Some of the devotees of Shri Paramahans Ashram Shakhteshgari, Chunar, Mirzapur (Uttar Pradesh) presented a list of questions related to Gita in the month of May 2005 before Maharaj Shree, whose solution is presented in the words of Revered Swami Ji. In this booklet all the social, religious and spiritual questions have been resolved in the light of Śrīmad Bhagavad Gīta.

Yoga Dipika

Reservations & Doubts of Society – Their Resolutions from Gita

Yoga in Transformation

Life Surrendered in God

Patanjali's Yoga Sutra

Swara Yoga

Yog Its Philosophy & Practice

Śrīmad Bhagavad Gīta – Yatharth Geeta

Yoga-Mīmāṃsā

Yoga Sutras of Patanjali

Papers presented at the National Conference on Hypnotherapy : the Therapy of New Millennium, held at Vadodara during 9-11 January 2009.

Yoga is flying across the shores of Bharatha all over the world like an eagle. The entire humanity needs yoga today. If going after Yoga to get rid of diseases is one dimension, using Yoga to make our body healthy so that we can enjoy material pleasures is the other dimension. This was not what those great Rshis who evolved Yoga had in mind. Yoga is another name for pure living. If man lives, being aware of the purpose for which he was created, what else can it be excepted in Yoga? Human body is a temple. In a larger sense, it is the dwelling place of gods. Whatever one finds in the world is present in the human body. We have 72,000 Nerves in the body, also we have 72,000 Nadies which are subtle channels and centres of energy. We get a detailed account of these in books on Hatayoga. In this background Mudras and Bandhas occupy a place of great significance. We have a considerably difficult challenge to convert this Annamaya body into one, the object of which is Dharma Sadhana. Kalidasa has announced, "Shareeramadayam khalu dharma sadhanam". Our sages have said, "Manaeva manushyanam karanam bandha mokshayoho" Our mind is the cause of both Bandha and Moksha. In that case how can we make use of the techniques available to us to the best of our advantage? "Mudras" help us to keep our body and mind pure and chaste. They are tools to lead us to life fulfillment. When we activate the nerve and nadi centres in the body, they make the flow of energy smooth. Our body is a fantastic machine designed by the Creator. He has set in it a super computer called the 'Brain'. All the activities in our body are controlled by the Mind. The pressure exerted on certain key points in the body and in hands, energises the centres in the brain. We have come to know this truth as a result of experiments conducted in different parts of the world. Acupressure specialists assert that if we activate certain points in the legs, hands and ears, we can ward off a number of disorders of the body. In our ancient Tantra Marga we hear about "Khechari Mudra". During five thousand years after sage Vedavyasa, our ancestors have devised a number of ways to help man keep himself fit. They are simple and workable. We get a sea of information about Mudra Science in a number of books on Yoga shastra and Tantra Shastra. In a few of our epics also, we get references to these Mudras.

The Yoga Sutras of Patanjali are the foundational texts of the science of yoga. In this book, Sri Sri Ravi Shankar, a master of yoga for the 21st century, offers his own commentary on this fundamental work. "The aim of Patanjali Yoga is to set man free from the cage of matter. Mind is the highest form of matter and man freed from this dragnet of Chitta or Ahankara (mind or ego) becomes a pure being." - H. H. Sri Sri Ravi Shankar

Commentary on Patanjali's sutras. Updated edition.

In just 196 short aphorisms, this classic work of Indian philosophy spells out succinctly how the mind works, and how it is possible to use the mind to attain liberation. Compiled in the second or third century CE, the Yoga-Sutra is a road map of human consciousness—and a particularly helpful guide to the mind states one encounters in meditation, yoga, and other spiritual practices. It expresses the truths of the human condition with great eloquence: how we know what we know, why we suffer, and how we can discover the way out of suffering. Chip Hartrant's fresh translation and extensive, lucid commentary bring the text beautifully to life. He also provides useful auxiliary materials, including an afterword on the legacy of the Yoga-Sutra and its relevance for us today.

The Illustrated Light on Yoga

Yoga Sastra

Complete Book of Yoga

Yoga Today

Prāṇāyāma Rahasya

Historical and Contemporary Perspectives

The Philosophy and Practices of Kriya Yoga

A Tale of Two Theologians

Light on Life

The Wisdom of Patañjali's Yoga Sutras

The Yoga-Sutra of Patanjali