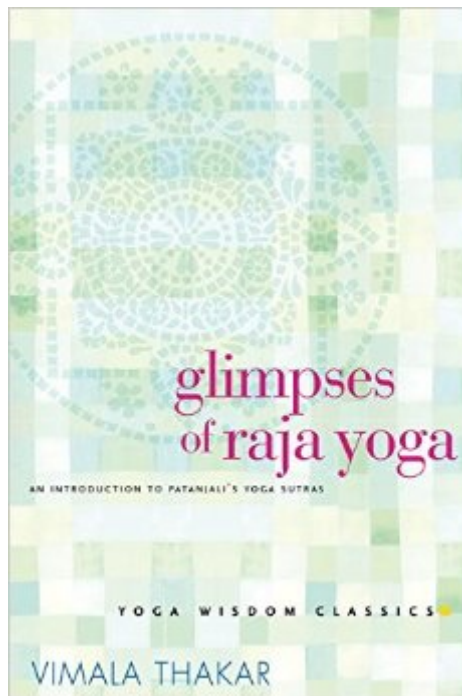


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Glimpses Of Raja Yoga: An Introduction To Patanjali's Yoga Sutras (Yoga Wisdom Classics)



Synopsis

In *Glimpses of Raja Yoga*, Vimala Thakar introduces the basic concepts of Patanjali's Yoga Sutras by focusing on a different sutra, or aphorism, in each of the twelve chapters. In her opening chapter, she presents the historical and cultural background of Patanjali's Raja Yoga. Chapter 2 contains an eloquent invocation of the dimension of Silence—the meditative state that one enters with the stilling of the mind. Chapters 3–6 examine the ethical principles and observances (the yamas and niyamas) that form the foundation of a healthy spiritual practice. Here Vimala discusses the importance of ahimsa (non-violence) and satya (truthfulness), and offers a radical interpretation of brahmacharya based on her understanding of Sanskrit. Chapter 7 concerns the kleshas or causes of suffering such as avidya (ignorance) and asmita (egotism). Chapter 8 discriminates between dharana (meditation with deliberate focus) and dhyana (effortless meditation), and reflects Vimala's own experience. Chapter 9 describes the relation of prakriti (matter) and purusha (spirit) according to Patanjali. Chapters 10–12 describe the ultimate goal of the yogic journey—the absolute freedom of samadhi.

Book Information

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Customer Reviews

Rebeccasreads highly recommends *GLIMPSES OF RAJA YOGA* as a delightful & brief seminar into the origins of Veda, Sanskrit, the Rishis, Krsi, as well as what Sutras are, & how to think within their wisdom. Quite simply, reading *GLIMPSES OF RAJA YOGA* is as if you are sitting at this wise teacher's knees, listening to her idiosyncratic take on the yogic wisdom of the ages. Just glimpses,

mind you, each provocative, delectable, succinct &, dare I say it, occasionally hilarious. A treasure for expanding your ideas about the Cosmos, & for the practice of your mind.

I really liked this book because it explains Patanjali's Yoga Sutras on a much more easy to understand, yet deep level. It is definitely a well-written book.

Great book

I purchased this after reading about the author Vimala Thakar. Quite an insightful person and this book presents the ancient beautiful knowledge in a darma talk/lecture format.

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