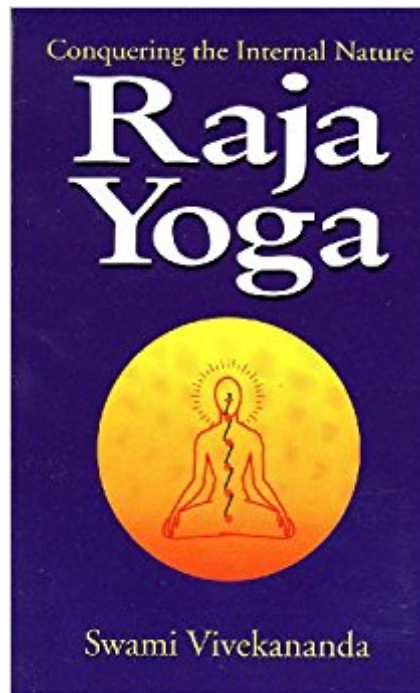




Ebook Directory
the best source of ebook

The book was found

Raja Yoga Or Conquering The Internal Nature



Synopsis

This book is about the practice of Raja Yoga. The method has been called the soul of all the yogas. The emphasis here is on the control of the mind through concentration and meditation. Raja yoga is also called the yoga of meditation. It is regarded as the psychological way to union with God. Rousing the Kundalini is the one and only way to attain Divine Wisdom. The rousing may come in various ways: through love for God, through the mercy of perfected sages, or through the power of the analytic will of the philosopher. Wherever there was any manifestation of what is ordinarily called supernatural power or wisdom, there a little current of Kundalini must have found its way into the Sushumna. Only, in the vast majority of such cases, the people had ignorantly stumbled on some practice which set free a minute portion of the coiled-up Kundalini. All worship, consciously or unconsciously, leads to this end. The man who thinks that he is receiving response to his prayers does not know that the fulfillment comes from his own nature, that he has succeeded by the mental attitude of prayer in waking up a bit of this infinite power which is coiled up within himself. Thus, what people ignorantly worship under various names, through fear and tribulation, the Yogi declares to the world to be the real power coiled up in every being, the Mother of eternal happiness, if we but know how to approach her. And Raja Yoga is the science of religion, the rationale of all worship, all prayers, forms, ceremonies, and miracles.

Book Information

Paperback: 287 pages

Publisher: Vedanta Press & Bookshop (December 1953)

Language: English

ISBN-10: 8185301166

ISBN-13: 978-8185301167

Product Dimensions: 0.5 x 4 x 6.5 inches

Shipping Weight: 5.6 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 10 customer reviews

Best Sellers Rank: #110,443 in Books (See Top 100 in Books) #40 in [Books > Politics & Social Sciences > Philosophy > Eastern > Indian](#) #342 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#) #3713 in [Books > Religion & Spirituality > New Age & Spirituality](#)

Customer Reviews

Excerpt: Rousing the Kundalini is the one and only way to attain Divine Wisdom. The rousing may come in various ways: through love for God, through the mercy of perfected sages, or through the

power of the analytic will of the philosopher. Wherever there was any manifestation of what is ordinarily called supernatural power or wisdom, there a little current of Kundalini must have found its way into the Sushumna. Only, in the vast majority of such cases, the people had ignorantly stumbled on some practice which set free a minute portion of the coiled-up Kundalini. All worship, consciously or unconsciously, leads to this end. The man who thinks that he is receiving response to his prayers does not know that the fulfillment comes from his own nature, that he has succeeded by the mental attitude of prayer in waking up a bit of this infinite power which is coiled up within himself. Thus, what people ignorantly worship under various names, through fear and tribulation, the Yogi declares to the world to be the real power coiled up in every being, the Mother of eternal happiness, if we but know how to approach her. And Raja-Yoga is the science of religion, the rationale of all worship, all prayers, forms, ceremonies, and miracles.

Simply put, this book changed my life and sent me down a wonderful path. Every reader experiences the written word differently, but once you start living these practices, not just reading, an entirely new view begins to unfold.

Fascinating book. I have read the jnyana yoga book by the same author and loved it. This book explains the practices required to control our minds through controlling our senses.

Very insightful book. I am enjoying it very much!

Excellent little book, with some of Patanjali's original text in Sanskrit along with a translation. I read a little bit every day. Great insights. I have no idea what the critic of this book is talking about. \$6.95 for this book is a great deal, and I have absolutely no ties to the printers or sellers of this item.

Every yoga practitioner needs to read Swami Vivekananda's translation of the Yoga Sutras. His lectures at the end of the book are timeless and thought-provoking.

This review is about the 297 page book. It's a classic. The system of pranayama on pages 24, 60, 61, 62 are excellent. It starts with the basics of Raja Yoga and then goes beyond. If you are serious then this book is for you.

It is an insightful look at Patanjali's yogasutras. These 'sutras' (principles) are gist of meditation

guidelines given in the upanishads. Vivekananda, with his broad and deep knowledge of ancient literature provides a good exposition of these profound principles. The stimulating and magnetic style of Vivekananda's lectures and books is somehow not to be found in this book. The principles are difficult to understand by themselves and call for the direction of a teacher for correct understanding and Vivekananda fulfills this role very well.

It is an insightful look at Patanjali's yogasutras. These 'sutras' (principles) are gist of meditation guidelines given in the upanishads. Vivekananda, with his broad and deep knowledge of ancient literature provides a good exposition of these profound principles. The stimulating and magnetic style of Vivekananda's lectures and books is not to be found in this book. The principles are difficult to understand by themselves and call for the direction of a teacher for correct understanding and Vivekananda fulfills this role very well.

[Download to continue reading...](#)

Raja Yoga: Conquering the Internal Nature Raja Yoga or Conquering the Internal Nature Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) 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 Raja-Yoga & Patanjali Yoga-Sutra by Swami Vivekananda 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 Raja Yoga By Swami Vivekananda Conquering Anorexia (Conquering Eating Disorders) 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) Shadow Yoga, Chaya Yoga: The

Principles of Hatha Yoga Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)