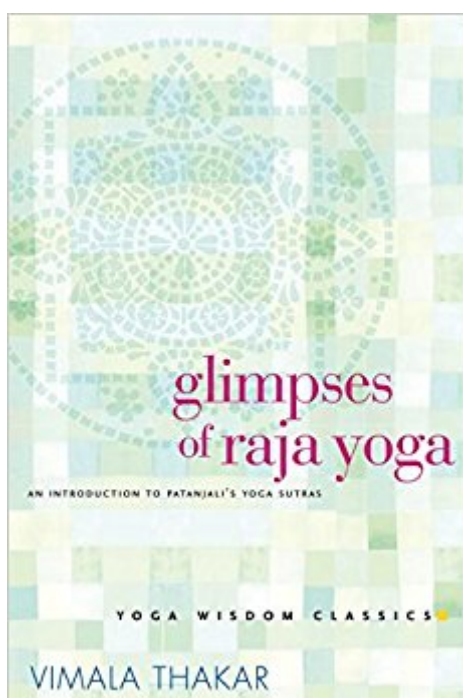


The book was found

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

Series: Yoga Wisdom Classics

Paperback: 128 pages

Publisher: Rodmell Press (December 10, 2004)

Language: English

ISBN-10: 1930485077

ISBN-13: 978-1930485075

Product Dimensions: 6 x 0.4 x 8.9 inches

Shipping Weight: 7 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 4 customer reviews

Best Sellers Rank: #357,575 in Books (See Top 100 in Books) #17 in Books > Religion & Spirituality > Hinduism > Sutras #157 in Books > Religion & Spirituality > Hinduism > Sacred Writings #548 in Books > Religion & Spirituality > Worship & Devotion > Meditations

Customer Reviews

Born in India, Vimala Thakar began her spiritual search at the tender age of five. As a young woman, she traveled and lectured for the Land Gift Movement of Vinoba Bhave, an associate of Mahatma Gandhi. Her meetings with Krishnamurti, from 1956 to 1961, had a profound effect on her life. From the 1960s to the 1980s, she taught meditation retreats in thirty-five countries. She stopped

traveling outside of India in 1991 and now resides in Mount Abu, in Rajasthan, where she meets with people from all over the world.

Born in India, Vimala Thakar began her spiritual search at the tender age of five. As a young woman, she traveled and lectured for the Land Gift Movement of Vinoba Bhave, an associate of Mahatma Gandhi. Her meetings with Krishnamurti, from 1956 to 1961, had a profound effect on her life. From the 1960s to the 1980s, she taught meditation retreats in thirty-five countries. She stopped traveling outside of India in 1991 and now resides in Mount Abu, in Rajasthan, where she meets with people from all over the world.

Great book

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.

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.

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.

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

Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) The Collected Works of Chogyam Trungpa, Volume 2: The Path Is the Goal - Training the Mind - Glimpses of Abhidharma - Glimpses of Shunyata - Glimpses of Mahayana - Selected Writings The Collected Works of Chogyam Trungpa: Volume Two: The Path Is the Goal; Training the Mind; Glimpses of Abhidharma; Glimpses of Shu nyata; Glimpses of Mahayana; Selected Writings: 2 Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras The Yoga Sutras of Patanjali: By Patanjali & Illustrated (Five Bonus works & an Audiobook FREE are included) Yoga Sutras of Patanjali Proper Translation This book is now included in the

eBook Patanjali Code Raja-Yoga & Patanjali Yoga-Sutra by Swami Vivekananda Vedas,
Upanishads & Patanjali Yoga Sutras: The Tripod of Ancient Hindu Wisdom Demystifying Patanjali:
The Yoga Sutras (Aphorisms): The Wisdom of Paramhansa Yogananda Presented by his direct
disciple, Swami Kriyananda The Yoga Sutras of Patanjali Light on the Yoga Sutras of Patanjali
Easing into the Bhagavad Gita and Patanjali's Yoga Sutras Enlightenment: The Yoga Sutras of
Patanjali: A New Translation and Commentary Kriya Yoga Sutras of Patanjali and the Siddhas The
Yoga Sutras of Patanjali: The Book of the Spiritual Man Yoga-Darshana: Sutras of Patanjali with
Bhasya of Vyasa Patanjali Yoga Sutras: Translation and Commentary in the Light of Vedanta
Scripture Yoga Sutras of Patanjali Raja Yoga Explained: Yoga for Beginners Guide 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](#)