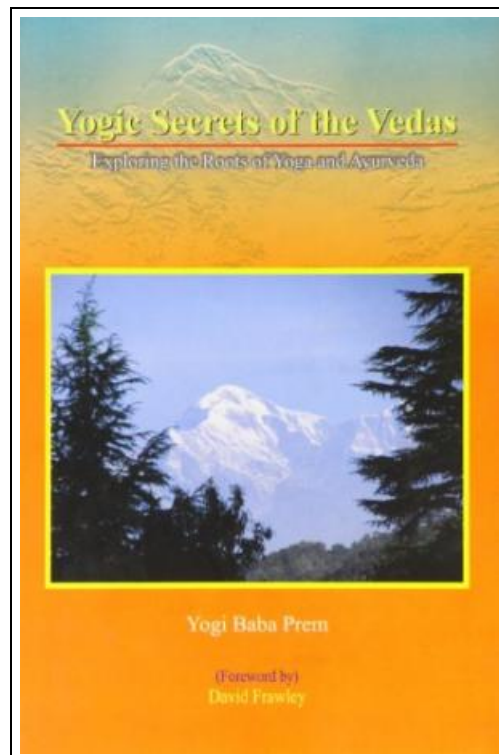


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Aditya Prakashan, New Delhi, 2011. N.A. Condition: New. 122p., bibl., ind., 22cm., This book approaches the important teachings of the Vedas on the modern Yoga, meditation and Ayurveda from a very practical view. Demystifying terms and symbology, examining various teachings, principles and mantras from the standpoint of how they manifest within the readers life on a daily basis, as-well-as their connection with Ayurveda. The reader is provided with a simple and effective program for beginning their own practice of Vedic Yoga, or easy techniques to incorporate into their existing yoga and meditation practice. Contents: Preface; Foreword by David Frawley (Pandit Vamadeva Shastri); Introduction; The History of Vedic Yoga; The Vedic link with other yoga systems; The Yoga Sutras of Patanjali and their Vedic Link; Patanjali the writer; Patanjalis Vedic Connection; Bhakti and its place in the Yoga Sutras; Conclusion; Analyzing the Sutras; Examination of Dhyana; Analyzing a Sutra; Tantric roots to the Vedas; Kundalini Yoga and its Vedic Connection; Svava Yoga; Different manifestations of Vedic Yoga; The mother of other yoga systems; Analysis of the Vedic ceremony called Agnihotra; History; Modern day Agnihotra; Inner form and Ayurveda; Vedic Fire ceremonies; Deities; The Glory of Ushas; The outer meaning of Ushas; Inner meaning of Ushas; Observation and techniques for understanding Ushas; A Closer Examination of Ushas - Ushas and Agni; Ushas and the relationship with the Kundalini; Ushas and the Chakras; Ushas and the Vedas; Ushas in Vedic Astrology; Conclusion; An Extended Examination of Ushas - Ushas and the Western World; Mantras to Ushas; Additional notes on Ushas; Conclusion; Ushas and Yoga - Ushas and the five Koshas; Annamaya Kosha; Pranamaya Kosha; Manomaya Kosha; Vijnanamaya Kosha; Anandamaya Kosha; Ushas and Kama - Examples of Kamas higher manifestation; Ushas and the Vedas; Ushas and the Gunas; Practice:Exercise; Conclusion; The Secret of Ushas;...



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