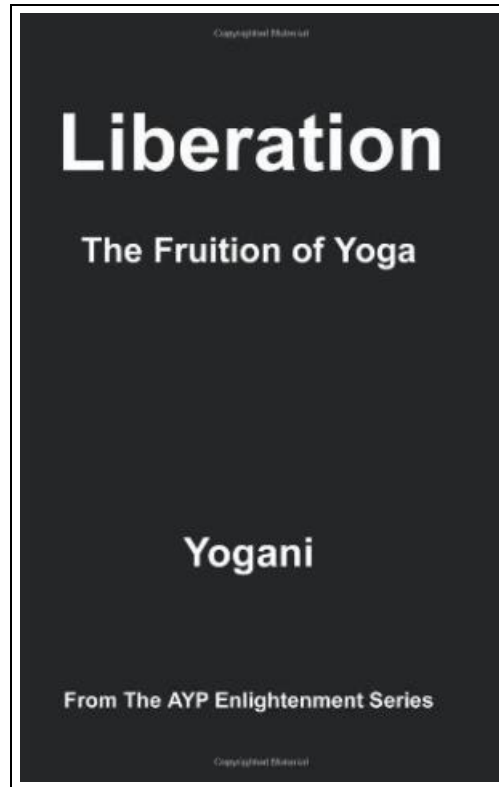


Liberation - The Fruition of Yoga



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LIBERATION - THE FRUITION OF YOGA



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AYP Publishing. Paperback. Book Condition: New. Paperback. 114 pages. Dimensions: 7.9in. x 5.0in. x 0.4in. This concise volume provides a survey of the methods of Yoga as they relate to the rise of the non-dual condition of enlightenment, or Liberation (Moksha in Sanskrit), and practices that can be utilized during the end stage of the journey. It is about the rise of the witness and the evolution to ripeness and relational self-inquiry for permanent realization of the observer being both beyond and in unity with all objects of perception, accompanied by the natural emergence of an unending flow of divine love in the world. While this book is about Advaita-Vedanta and Jnana Yoga for end stage realization, it is also about assuring that the prerequisites of Deep Meditation and related yogic methods are not ignored, as so often happens in modern teachings on enlightenment. Liberation is the cap-stone of the AYP Enlightenment Series, the vedanta of it so to speak, meaning, the end of knowledge. It is also an expansion on the discussion that began in the seventh book of the series: Self-Inquiry. As has always been said throughout the AYP Enlightenment Series, the center of all spiritual progress is found within each human being, and that theme culminates here. Liberation is in your hands. Liberation is the eleventh book in the Enlightenment Series, preceded by Retreats, Eight Limbs of Yoga, Bhakti and Karma Yoga, Self-Inquiry, Diet, Shatkarmas and Amaroli, Samyama, Asanas, Mudras and Bandhas, Tantra, Spinal Breathing Pranayama, and Deep Meditation. Yogani is also the author of two highly-regarded user-friendly textbooks providing detailed instructions on full-scope yoga practices, Advanced Yoga Practice - Easy Lessons for Ecstatic Living, Volumes 1 and 2, and a spiritual adventure novel, The Secrets of Wilder - A Story of Inner Silence, Ecstasy and Enlightenment. This...



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