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The three gunas, satva, rajas and tamas arise from Prakriti, and an important aspect of Vedic Yoga is to transform the lesser

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gunas to satvik one.
Vedic Mantra Yoga is
an aspect that is not
properly understood,
and its effects are
researched through
some innovative
methods presently.

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meaning of Yoga and
brings Yoga back to the
vision of the ancient
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The first step of Vedic
Yoga consists of
awakening the soul or
the deeper

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consciousness of
immortality within us.
Yoga in the inner sense
is a process for the
soul or our eternal
being to unfold. Yoga is
not for the profit or
entertainment of our
transient personality
caught in the illusions
of this present birth.

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The Vedic Yoga is the

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ancient system of integral Yoga shaped by the Vedic Rishis. These Rishis devoted to a life of the Spirit discovered a certain line of development beyond the range of sensory perception by means of their strength of self-discipline, and achieved a many-sided inner progress.

**Vedic Yoga: The
Path of the Rishi by
David Frawley**

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Before we venture into the vedic path, let's just talk about life in general. Life as we know it, comes with a lot of baggage. Apart from the obvious blessing of being alive, we as humans are put through a series of tests and hurdles. As there are times of happiness and peace, so are moments of pain and those of having hit rock bottom.

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Vedic Path - Yoga for all

The Path of the Rishi is one of the first and most detailed books published in the West on the ancient Vedic origins of Yoga, including all aspects of its philosophy and practice.

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There is also Jnana

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(pronounced “gyaan”)
Yoga, a path of study and contemplation, of diving deep within to explore the nature of being. This is a path that was easier to pursue in times when spiritual practice was an integrated part of everyday life. But perhaps the simplest and most accessible of the paths is Bhakti Yoga, the yoga of devotion.

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Bhakti Yoga: The Path of Devotion | Kripalu

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The Yoga Sutras. The Yoga Sutras contain 196 Sutras, divided between four chapters, discussing the aims and practice of yoga, the development of yogic powers and finally, liberation. Like a gentle guiding hand, the Yoga Sutras warn you of the pitfalls on your spiritual journey

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and offer the means to overcome them.

Yoga Sutras 101: Everything You Need to Know

The Vedic reading of yoga as one's war chariot or rig came to be incorporated into the warrior ideology of ancient india. in the Mahābhārata, india's 200 Bce-400 ce "national epic," we read the earliest narrative accounts of

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the battlefield
apotheosis of heroic
chariot warriors. This
was, like the greek

Yoga, Brief History of an idea - Princeton University

There are three
primary traditional
paths of Yoga. First is
Jnana Yoga or the Yoga
of Knowledge, which is
the Yoga of Veda as
the way of inner
wisdom. It is the path
of Self-knowledge, Self-

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realization and the unity of our innermost Self with all, the Universal Being, gained through mental purity, inquiry and meditation.

Veda and Yoga are One: Veda is knowledge and Yoga is its ...

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like classical Yoga is a

complex and many-

sided discipline

designed to address

the needs of different

levels and

temperaments of

individuals.

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