

Meditation And Its Practice Swami Rama

Embark on a Magical Journey with Swami Rama's "Meditation and Its Practice"

Alright, fellow bookworms and soul-searchers! Gather 'round, because I've just returned from a journey so profound, so utterly delightful, that I'm practically bursting to tell you all about it. We're talking about Swami Rama's "Meditation and Its Practice," and let me tell you, this isn't your grandma's dusty old meditation manual. Oh no, this book is a vibrant, pulsating invitation to a world you never knew you were missing!

Imagine this: you're not just reading words on a page; you're stepping into a realm where ancient wisdom dances with practical guidance, all delivered with a wink and a knowing smile. Swami Rama has this incredible knack for painting vivid pictures with his prose. You'll find yourself transported to serene Himalayan landscapes, feeling the crisp mountain air, and experiencing the profound stillness that yoga masters have sought for centuries. It's like a mental vacation that leaves you feeling refreshed and, dare I say, a little bit enchanted!

What truly sets this book apart is its incredible emotional depth. It's not just about *how* to meditate; it's about *why*. Swami Rama delves into the very core of human experience, touching on our hopes, our fears, and our deepest desires with such tenderness and understanding. He makes you feel seen, understood, and incredibly hopeful. It's the kind of read that makes you sigh contentedly and maybe even shed a happy tear or two. Seriously, my emotional baggage felt lighter after just a few chapters!

And the best part? This book is for *everyone*. I mean, seriously, if you can read, you can benefit from this gem. Whether you're a seasoned yogi, a curious beginner, or just someone who suspects there's more to life than Netflix binges (though, let's be honest, those are important too!), "Meditation and Its Practice" has something magical for you. It's funny how something so profound can be so utterly accessible. Swami Rama

doesn't bog you down with jargon; he speaks directly to your soul with clarity and a dash of playful humor. You'll find yourself chuckling along as you absorb wisdom that can truly transform your life.

Why You Absolutely Need This Book in Your Life:

Imaginative Setting: Prepare to be whisked away to breathtaking spiritual landscapes that will ignite your wanderlust for inner peace.

Emotional Depth: Connect with your deepest self as Swami Rama guides you through the human heart with compassion and insight.

Universal Appeal: Whether you're 18 or 80, a skeptic or a believer, this book speaks to the universal longing for contentment and purpose.

Humorous and Engaging Tone: Say goodbye to dry lectures! Swami Rama's writing is so captivating and relatable, you'll forget you're learning.

Practical Guidance: Learn actionable techniques that you can weave into your daily life, no matter how chaotic it may be.

I can honestly say that "Meditation and Its Practice" isn't just a book; it's a companion. It's the kind of book that stays with you, whispering gentle reminders and offering profound comfort long after you've turned the last page. It's a timeless classic, a treasure chest of wisdom waiting to be discovered (or rediscovered!).

So, my dear friends, if you're looking for a book that will not only expand your mind but also fill your heart with joy and a sense of boundless possibility, then do yourself a favor and pick up "Meditation and Its Practice" by Swami Rama. You won't just read it; you'll **experience** it. It's a magical journey that continues to capture hearts worldwide, and trust me, it's guaranteed to capture yours too. This is a book that transcends trends and speaks to the enduring human spirit. Don't miss out on this extraordinary experience!

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the complete sourcebook for exploring hinduism s two most time honored traditions of meditation meditation is a subject of universal interest practiced by seekers of all traditions on the quest for serenity peace and blessedness among the many traditions of meditation in hinduism yoga and vedanta have passed the test of time proving as vital today as they were throughout the ages in helping seekers overcome the maladies of life and attain the greatest spiritual fulfillment in one comprehensive volume meditation its practices illuminates the principles of the yoga and vedanta meditation traditions the meaning of meditation its goal of self knowledge the methods by which concentration is developed and the ways of achieving self control defining key concepts in clear terms this complete guidebook covers every aspect of this ancient spiritual practice including goals and benefits of meditation objects of meditation methods of concentration posture physical condition eating habits and spiritual exercises mystical experiences and realizations obstacles in meditation and ways of overcoming them drawing on both classic and contemporary sources this comprehensive sourcebook outlines the scientific psychological and spiritual elements of yoga and vedanta meditation the results of which lead not to the seeker s dreams and visions but to the transformation of his or her character

sri ramakrishna s message was fundamentally a spiritual message to a world steeped in materialism and who could be better equipped to interpret that message than his direct disciples who had been moulded by that great master into his own mould this book comprises of articles by these great disciples of sri ramakrishna bringing out the true significance of religion and its practice all those who truly thirst after religion and god will find in this book clear insights into spiritual life and practices published by advaita ashrama a publication house of ramakrishna math belur math india

this practical guide teaches us how to slip beyond the mental turbulence of our ordinary thought processes into an infinite reservoir of consciousness from which we can draw guidance creative power joy and tranquility cover back

this book constructs an anthropological history of a subaltern religious formation mahima dharma of orissa a large province in eastern india tracking the contingent making of a critical community over a hundred and forty year period religion law and power explores the interplay of distinct expressions of time and history innovative reformulations of caste and hinduism and distinct engagements with state and nation this serves to unravel the wider entanglements of religion history law modernity and power

the book highlights the fact that yoga is an art that has been practiced by rishis since ancient times it consists of ancient theories observations and principles about the mind and body connection if it s given the proper directions and brought to the proper environment it can find harmony and heal itself which modern therapy has now proven the roots of yoga originate from our conscience that heals our body mind and soul yoga is so be defined as the food of the soul the food we consume by our body for our daily work but the soul is the yoga that involves breathing asanas meditation and several kriyas conscience is the moral rationality of the soul yoga is an action derived from our conscience this book covers comprehensive and exhaustive research on a large number of yoga subjects in depth relating to the current scenario co relating its existence and re evolution from past principles and values thus summarising us to the fact that the roots of yoga are inherited in our conscience the roots should grow into a huge tree that is fruitful for us about the author sanjeev thakur 1977 born in jabalpur madhya pradesh india grew up in dehradun associated with laxmi devi lalit kala academy kanpur and worked with times of india a yogic poet writer fond of music and the author of yoga conscience an eternal light within us i believe yoga a way of life an art that can be perfectly attained on regular practice and devotion although this book primary covers topics related to yoga and its benefits but i should quote the following lines of swami vivekananda that always inspired me purity patience perseverance and above all love are the three essentials to success great occasions rouse even the lowest of human beings to some kind of greatness but he alone is the great whose character is great always remember yoga is an ongoing journey of regular internal and external growth to heal body mind and soul for the betterment of human beings

this important book fills a gap in our knowledge highly recommended Â library journal highly recommended choice with admirable clarity and remarkable brevity jackson

surveys the history of the movement and raises important issues the journal of american history an important history of the ramakrishna movement the very first and in many ways the most important asian religious group to appear in the united states

millions of people practice some form of yoga but they often do so without a clear understanding of its history traditions and purposes this comprehensive bibliography designed to assist researchers practitioners and general readers in navigating the extensive yoga literature lists and comments upon english language yoga texts published since 1981 it includes entries for more than 2 400 scholarly as well as popular works manuals original sanskrit source text translations conference proceedings doctoral dissertations and master s theses entries are arranged alphabetically by author for easy access while thorough author title and subject indexes will help readers find books of interest

the knowledge that enlightens the aspiring student regarding the mystery of life here and hereafter is found in the tripura rahasya one of the most significant scriptures in the tradition of tantra yoga its beauty lies in the fact that it expounds the lofty knowledge of inner truth while systematically offering practical instructions on sakti sadhana the task of awakening the dormant fire within and leading it to higher awareness or the highest chakra pandit tigunait s translation of the tripura rahasya is a journey through the states of consciousness encountered on the path to ultimate self awareness written in a manner that makes it easily digestible for the western reader sakti sadhana is one of the most vivid and well written vedic translations available in modern times and an essential read for the dedicated spiritual seeker

rabbi on the ganges a jewish hindu encounter is the first work to engage the new terrain of hindu jewish religious encounter the book offers understanding into points of contact between the two religions of hinduism and judaism providing an important comparative account the work illuminates key ideas and practices within the traditions surfacing commonalities between the jnana and torah study karmakanda and jewish ritual and between the different hindu philosophic schools and jewish thought and mysticism along with meditation and the life of prayer and kabbalah and creating dialogue around ritual mediation worship and dietary restrictions the goal of the book is not only to unfold the content of these faith traditions but also to create a religious encounter marked by mutual and reciprocal understanding and openness

this is a collection of careful objective historically sensitive studies of modern commentators on the bhagavadgita one of the basic scriptures of hinduism and one

which has been widely read in the modern west experts on modern indian religious thought show how ghandi vivekananda radhakrishnan bhaktivedanta aurobindo tilak bhavé sivananda the theosophists and bhankim read used and interpreted the gita collectively the essays display the different backgrounds and orientations of the major indian thinkers of our time an introduction and a conclusion provide a perspective on the thinkers and identify common themes which are part of modern emphases

i was selected as an external expert examiner for his dissertation i have read the book from start to finish for fifteen days i took extra time to read it it pulled me it pulled me to adhy tma such a good book i read it with much eagerness and enjoyed it very much even i was unable to write a book like this it took me back to all that i had studied in my youth i understood the g t again as i had understood it as a student listening to him i remembered my guru parampar my vyasa parampar my own student days it was such an adbhut viva great experience unforgettable and ever memorable i did phd and have worked as a head of department in svyasa in 2012 and have worked as vice chancellor of svyasa we must try and reach the level i have seen and experienced in this case there have been phd s but none like this i returned from my journey and am back home but i still remember that vyasa parampar this is the way this is the quality we have to maintain extracted from an audio message to his disciple after the presentation of this dissertation where he was chief examiner prof ramachandra g bhatt former vice chancellor s vyasa university bangalore chairman veda vijñana shodha samsthana bangalore and convener karnataka gurukula education

boyd explores the teachings amazing mental powers and very human personalities of modern mystics

we gay folk who inhabit bodies of the type we naturally desire require a sex positive spiritual practice that celebrates and utilizes our gay being instead of opposing it we need a spiritual practice that teaches us how to use our senses instead of merely shutting them off or repressing them we need a practice that empowers us to integrate all the rejected aspects of self to form a strong healthy gay identity which confers a spiritual advantage in deep spiritual practice we need a spiritual practice that recognizes that gender and gender identity are fluid that we all contain elements of the masculine and feminine we need a spiritual practice that recognizes not only that same sex love is possible but that our love can powerfully energize a deep quest for self awareness and enlightenment we need to realize that any feeling of shame or unworthiness connected to our gay being shackles our spirit and blocks us from the full realization of god des within for the divine being is gay too

hinduism has become a vital other for judaism over the past decades the book surveys the history of the relationship from historical to contemporary times from travellers to religious leadership it explores the potential enrichment for jewish theology and spirituality as well as the challenges for jewish identity

this fifth volume of astadala yogamala contains a great treasure house of material compiled from interviews taken with yogacharya b k s iyengar like an explorer who enters a dark cave and penetrates its depth with a beam of light the torchlight of each interview illumines a section of the cave revealing the gem of wisdom lying in the depth of the ardent unceasing and devoted sadhana of sh b k s iyengar

for more than 30 years yoga journal has been helping readers achieve the balance and well being they seek in their everyday lives with every issue yoga journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds we are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

most overviews of hindu belief and practice follow a history from the ancient vedas to today such approaches privilege brahmanical traditions and create a sense of hinduism as a homogenous system and culture and one which is largely unchanging and based solely on sacred texts in reality modern hindu faith and culture present an extraordinary range of dynamic beliefs and practices contemporary hinduism aims to capture the full breadth of the hindu worldview as practised today both in the sub continent and the diaspora global and regional faith ritualised and everyday practice brahmanical and non brahmanical belief and ascetic and devotional traditions are all discussed throughout the discussion is illustrated with detailed case material and images whilst key terms are highlighted and explained in a glossary contemporary hinduism presents students with a lively and engaging survey of hinduism offering an introduction to the oldest and one of the most complex of world religions

as yogananda explains the operation of karma death and reincarnation he also shares the deeper purpose of existence for every soul understanding these truths can bring clarity confidence and inspiration into your life

for more than 30 years yoga journal has been helping readers achieve the balance and well being they seek in their everyday lives with every issue yoga journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds we are dedicated to providing in depth thoughtful editorial on topics such

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Introduction

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