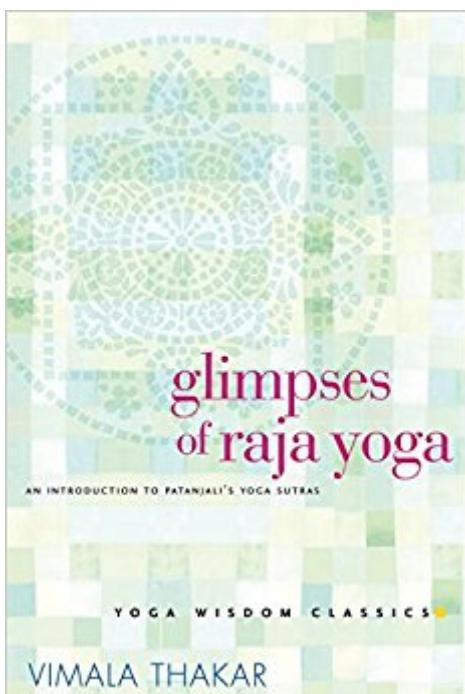


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# Glimpses Of Raja Yoga: An Introduction To Patanjali's Yoga Sutras (Yoga Wisdom Classics)



## **Synopsis**

In Glimpses of Raja Yoga, Vimala Thakar introduces the basic concepts of Patanjaliâ™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 Patanjaliâ™s Raja Yoga. Chapter 2 contains an eloquent invocation of the dimension of Silenceâ "the meditative state that one enters with the stilling of the mind. Chapters 3â "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 Vimalaâ™s own experience. Chapter 9 describes the relation of prakriti (matter) and purusha (spirit) according to Patanjali. Chapters 10â "12 describe the ultimate goal of the yogic journeyâ "the absolute freedom of samadhi.

## **Book Information**

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## **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.

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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.

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