

YOGA MORALITY

Ancient Teachings at a Time of Global Crisis



GEORG FEUERSTEIN

Yoga Morality Ancient Teachings At A Time Of Global Crisis

Georg Feuerstein



Yoga Morality Ancient Teachings At A Time Of Global Crisis:

Yoga Morality Georg Feuerstein, 2022-09-01 It is impossible to be a good yogi or yogini without also being a morally mature individual writes internationally known Yoga authority and author Georg Feuerstein Yoga Morality looks at our present world situation primarily from the viewpoint of a spiritually committed person especially a practitioner of Yoga It addresses the question How are we to live consciously responsibly authentically and without fear in the midst of mounting global crises This book is a hard hitting critique of the media hype surrounding Yoga and an exploration of Yogic philosophy and practice to discover what it really means to be a mature and moral person Topics Include Moral Law and Cosmic Law Interconnectedness and the Web of Life Universal Morality and Personal Virtues Truthfulness Compassion Generosity Death Freedom and Moral Spontaneity

The Making of a Yoga Master Suhas Tambe, 2012-07-23 When Suhas Tambe was initiated into the study and life of a yogi through his Indian spiritual master the Yoga Sutras of Patanjali an age old system of guidance were integral to his training Tambe is now a scholar and longterm practitioner of this esoteric wisdom He is also the first Westerner to reveal the hidden sequence of these sutras which he received from his teacher From the time of Patanjali onward 300 BCE the scrambling of the sequence of sutras was a respected tradition Such deliberate confusion was done with a view to preserving the sanctity of these precious teachings Since interpretation of any sutra must bear reference to and consistency with the previous and the following sutra proper sequence becomes a critical factor fundamental to the use of this time honored scripture The key to the real sequence of Yoga Sutra was handed down verbally by the guru only to the eligible disciple The Making of a Yoga Master reveals this original sequence which has been hidden for so long Far more than an instruction manual this book is also about one seeker's progression The author who began his search entrenched in materialism he was an accountant with an MBA working in IT was transformed into a devoted Yoga practitioner This path thoroughly changed his life's priorities evolved his purpose and dissolved old habits in a way that will be inspiring to many Yoga not just entered my life he writes but now it is my life The clear and sequential stages of transformation through yoga are documented here as perhaps nowhere else in contemporary literature This new sequence unfolds a practical road map for knowing and practicing the elevation of the seeker's awareness from the physical to more subtle and refined levels and designates observable milestones to determine one's progress on the path The Making of a Yoga Master marries the philosophy of Yoga with clear how to instructions

Finding More on the Mat Michelle Marchildon, 2015-05-11 Practicing yoga is an invitation to live up to our potential as human beings So our mat becomes a catalyst for transformation When we assume a yoga pose it is not necessarily the shape of the body that counts Rather it is a chance to create an offering of the highest intention in our hearts Practicing becomes our path as we grow not just older but better wiser and stronger We become so much more both for ourselves and for those we love every time we surrender to something greater like Grace Grace is in many ways reflective of the attitude we bring to the mat It is the difference between a yoga practice that leaves

you radically transformed and an exercise class It s the difference between feeling full of hope and potential or feeling like a schmuck Our attitude creates the distinction between growing better wiser and stronger on the mat or afraid that we re going to die every time we bend over In the beginning the author explains I did not know that I needed Grace After all I had gone through the better part of my life without anything nearly looking like Grace You should see me dance or sing Oh my God A goose suffering an epileptic attack would describe my attempts at being graceful I would never be mistaken for a soul sister Then one day on my mat struggling for the millionth time to touch my toes I gave up I said To hell with it And that s when it happened The tension in my body released and I lowered down another six inches toward the floor I got so excited I almost pulled a hamstring All the years I had been practicing yoga I thought what I needed to touch my toes and to get better in general was more effort But in fact I needed more Grace Living with ease is Grace Living with forgiveness and acceptance is Grace Taking the good with the bad is Grace Saying yes first rather than no is Grace Trying new experiences with a light heart is Grace Knowing that we are filled with forgiveness just because we were born is Grace You will need equal parts of redemption and emancipation to find transformation which is not easy Today the author explains I am stronger and more vibrant than ever before I hauled my tired old ass out of a steep depression to live a better life I hope to make the second half of my life my best achievement yet The journey begins with Grace

The Path of Yoga Georg Feuerstein,2011-03-22 The best selling beginner s guide to the history schools practices and philosophy of the ancient Yoga tradition from a renowned Yoga scholar This overview of the essentials of Yoga is meant to both broaden and deepen the understanding of beginning students It covers all the basic elements of this ancient discipline and philosophy of India including Yoga poses diet breath control meditation mantras Kundalini energy and more It also includes newly translated excerpts from the scriptures and pays special attention to branches of Yoga such as Tantra that are of great interest to Western students but are frequently misunderstood

The Yoga Tradition Georg Feuerstein,2012-09-18 A unique reference work from the foremost writer on Yoga today THE YOGA TRADITION surveys the 5 000 year history of Hindu Buddhism Jaina and Sikh Yoga featuring full and partial translations of numerous key scriptures and over 200 illustrations It is considered the CLASSIC text on Yoga practice and history

The Psychology of Yoga Georg Feuerstein,2014-01-14 Psychoanalysis itself and the lines of thought to which it gives rise said C G Jung are only a beginner s attempt compared to what is an immemorial art in the East by which he was referring to the millennia old study of the mind found in Yoga That tradition was hardly known in the West when the discipline of psychology arose in the nineteenth century but with the passing of time the common ground between Yoga and psychology has become ever more apparent Georg Feuerstein here uses a modern psychological perspective to explore the ways Hindu Buddhist and Jaina yogas have traditionally regarded the mind and how it works and shows how that understanding can enhance modern psychology in both theory and practice

Yoga and the Luminous Christopher Key Chapple,2008-10-30 Winner of the 2008 Rajinder and Jyoti Gandhi Book Award for Excellence in Dharma Studies presented

by Taksha Institute In Yoga and the Luminous a book that emerges from more than thirty years of practice study and reflection Christopher Key Chapple addresses the need for an accessible explanation of Yoga s difficult philosophy and its applications in daily life Yoga practice takes an individual on an inward journey and through Yoga one enters a rarefied state of consciousness a transparency and luminosity described by its great philosopher Patajali as being like a clear jewel Exploring Yoga through the prism of practice Chapple begins with a historical overview of the many Yogic traditions in Indian religions He continues with Yoga practice and the philosophy of S khya and then in step by step fashion he brings the reader to an understanding of the ethics of Yoga the role of movement and breath and the processes of concentration and meditation Finally building on the root metaphor of luminosity and light Chapple explains the applications of Yoga in daily life Yoga and the Luminous also includes a word by word translation of Patajali s Yoga S tra the foundational text of Yoga philosophy and a system of ethical practice and bodily purification The translation is accompanied by an analysis that traces key ideas through the text such as the reversal of mental and sensory outflows and the theme of spiritual discernment Chapple also gives special attention to the feminine in the description of Yoga practices

A Journey in the Heart Christine Apter, PhD, ERYT 500, 2017-11-06 A Journey in the Heart By Christine Apter PhD ERYT 500 This book is meant to be an organized curriculum that takes a student beyond the foundational philosophy anatomy technical aspects and teaching methodology developed from many advanced yoga teacher training workshops The basics of yoga teaching with the standards of Yoga Alliance are not covered in this text It is designed as a manual intended to meet the criteria for 300 hours of knowledge and practice above and beyond what is taught in basic yoga teacher training A deep desire and enthusiasm for the teaching is perhaps a more important criterion for the aspiration to dive deeper To be proficient in teaching and practicing it takes thousands of hours and perhaps decades of committed work The art and science of yoga teaching and practice come together with the flexible format surrounding factual structure presented in this book Rather than an authoritative tool this manual is fashioned to be a framework for the creative work it takes to teach yoga and practice deeper The reader is encouraged to build upon the information and inspiration and to be creative and innovative with the material

The Dancing Leaf Surbhi Kakar, 2024-03-26 Within the ancient verses of the Tao Te Ching lies a timeless wisdom that has guided generations for centuries The Dancing Leaf delves deep into the profound teachings of this revered text providing a deeper understanding of human nature and enduring universal principles Drawing from the rich tapestry of Lao Tzu s legacy the book serves as a contemporary guide for those seeking to gain clarity on navigating the complexities of existence cultivating inner peace and embracing the interconnectedness of all things Each chapter covers a facet of Tao and provides a practical and applicable roadmap for integrating these edifying insights into daily life The author skillfully intertwines these age old verses with her own life experiences creating a profound narrative that breathes life into ancient philosophies With personal anecdotes and heartfelt introspection she becomes both a guide and companion on a transformative journey All in all The Dancing Leaf is

not just a book it s an invitation to embark on a transformative voyage of self discovery and personal transformation

Practical Spirituality and Human Development Ananta Kumar Giri,2019-05-15 This book explores varieties of spiritual movements and alternative experiments for the generation of beauty dignity and dialogue in a world where the rise of the religious in politics and the public sphere is often accompanied by violence It examines how spirituality can contribute to human development social transformations and planetary realizations urging us to treat each other and our planet with evolutionary care and respect Trans disciplinary and trans paradigmatic to its very core this text opens new pathways of practical spirituality and humanistic action for both scholarship and discourse and offers an invaluable companion for scholars across religious studies cultural studies and development studies

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