

Evidence Of A Yogic Siddhi Anima Remote Viewing Of Subatomic Particles 1st Reprint

The Journey of Self-Discovery from the Heart of an Enlightened Master. Humanity has accomplished incredible feats. We have reached for the stars, and achieved things our forefathers considered impossible. And yet, the same key questions that eluded them, have eluded us - Who am I? Where have I come from? What is my true purpose? Questions spark the beginning of an inner journey. Amasiddhi Shastra is a 142-verse masterpiece, composed by 19th century self-realised saint Shrinad Rajchandraji in a single sitting of about 1.5 hours when He was only 28 years old. Quenching the genuine thirst of a seeker, Shrinadji shares six spiritual truths in this clearest, most cogent outline of the path. A brilliant clarification on diverse perspectives, it prompts you to realize who you are, and who you are not. World-renowned spiritual leader Pujya Gurudevshri Rakeshi reveals the hidden treasures embedded within every verse of Amasiddhi Shastra. The book is a step-by-step guide to self-realisation written with great compassion and vision by an enlightened Master. An indisputable path to universal truths is presented through an open-hearted dialogue between an experienced Master and an earnest seeker. Exploring the soul, destiny, karma, death, rebirth, God and liberation, Amasiddhi Shastra weaves scriptural testimony with a scientific approach, philosophy with practicality, doctrine with devotion, and logic with love. It covers every step of the path, with milestones of progress, warnings of pitfalls and perils, and a vivid glimpse of the final destination. A guidebook for those in search of their everlasting nature, the deep spiritual richness of every verse is made accessible to read, retain and ruminate. Nothing that one requires to experience the soul, or to attain liberation is hidden or left out. A revolution awaits all those who seek wholeheartedly within these pages. A masterclass in spirituality for every modern seeker. Amasiddhi Shastra is a depth personal experience. Ignite your inner quest. Discover your higher purpose. Reclaim your true identity. Experience your eternal bliss. Gift yourself this ocean of spirituality.

'An indispensable companion for all interested in yoga, both scholars and practitioners' Professor Alexis G. J. S. Sanderson Despite yoga's huge global popularity, relatively little of its roots is known among practitioners. This compendium includes a wide range of texts from different schools of yoga, languages and eras; among others, key passages from the early Upanisads and the Mahabharata, and from the Tantric, Buddhist and Jaina traditions, with many pieces in scholarly translation for the first time. Covering yoga's varying definitions, its most important practices, such as posture, breath control, sensory withdrawal and meditation, as well as models of the esoteric and physical bodies, Roots of Yoga is a unique and essential source of knowledge. Translated and Edited with an Introduction by James Mallinson and Mark Singleton

Gurus of Modern Yoga explores the contributions that individual gurus have made to the formation of the practices and discourses of yoga in today's world.

*This book examines shamanism from evolutionary and biological perspectives to identify the origins of shamanic healing in rituals that enhance individual and group function. * Written by an internationally recognized scholar on shamanism * Illustrates evidence of ancient shamanic practices * A bibliography provides current and historical sources on shamanism*

Gurus of Modern Yoga

The Hatha Yoga Pradipika

DIVINE SPARK

The Advaita Vedānta of Brahma-siddhi

Anima

Supernormal

The book offers a number of new insights in the history of yoga powers in the South Asian religious traditions, analyzes the position of the powers in the salvific process and in conceptions of divinity, and explores the rational explanations of the powers provided by the traditions. Puts Together Lectures Delivered By The Author - Their Translations In English - An Aid To Learning Yoga And Its Philosophy, Samadhi Pada - Sadhana Pada - Vibhuti Pada - Kaivalya Pada. Cover Slightly Damaged, Otherwise Condition Ok.

Letters on Yoga encompass all life and deal with such topics as the object of Integral Yoga, Synthetic methods, basic Requisites of the path, The Foundation of Sadhana, Human relationships in Yoga,Visions and symbols, Experiences of the Inner and the Cosmic Consciousness, to name a few.

The latest theory of intelligence is that it is multiple, not just the scholastic aptitude or school smarts of IQ tests. The great composers had high levels of musical intelligence, great writers linguistic intelligence, Olympic gold medalists body-kinesthetic intelligence, and the lives and works of Moses, Buddha, Jesus, and Muhammad reflected high spiritual intelligence (SIQ). This book explains SIQ, in past and recent history, with self-help exercises to identify and further develop your own SIQ.

Ancient Techniques to Access the Wisdom of Your Soul

The Yoga Sutra of Patanjali

The Ancient Science of Mantras

Light on the Yoga Sutras of Patanjali

Part I and II

Letters on Yoga

Commentary on Yoga Sutras of Patanjali

Body and Cosmos presents a series of articles by renowned Indological scholars on the early Indian medical and astral sciences. It is published on the occasion of the 70th birthday of Professor Emeritus Kenneth G. Zysk.

Patanjali's Yoga Sūtras is a celebrated ancient text hailed the world over as a significant milestone in the history of Yoga. This enormously influential work, comprising of a set of 195 pithy aphorisms, is as relevant in today's world as it was when it was written a few centuries ago. Only a living Master, who has himself experienced the Truth and effortlessly lives his life according to the wisdom of Yoga, can unravel the penetrating insights offered by Patanjali's Yoga Sūtras in simple, easy-to-understand terms. This book, "Yoga Sūtras of Patanjali: Talks by Dr. Jayadeva and Smt. Hansaji", does just that. Indeed it makes the eternal wisdom of the Yoga Sūtras come alive for ardent sadhaks.

Note that due to the limitations of some ereading devices not all diacritical marks can be shown. BKS Iyengar's translation and commentary on these ancient yoga sutras has been described as the "bible" of yoga. This edition contains an introduction by BKS Iyengar, as well as a foreword by Godfrey Devereux, author of Dynamic Yoga.

"The catastrophic problems we face today are speeding up the pace of evolution and calling forth the current expansion in human consciousness. With our world in crisis, our very survival depends on our ability to access higher sources of wisdom and guidance," says author Colleen Mauro, former founder / chief editor of the magazine Intuition The aim of this book is to help people access higher sources of wisdom and guidance. Written in a personal, easy-to-read style, it provides both theory and ancient techniques from the Ageless Wisdom Tradition linking mind and soul. Colleen covers a variety of spiritual traditions and also explains how the new science validates these ancient teachings. She shows that celebrated creative thinkers—those we call geniuses or visionaries—all have the ability to access the subtle world of the soul. But, with inspiring stories of "ordinary people," she also assures us that we can all gain access to the universal wellspring of creativity and inspiration.

Studies in Early Indian Medical and Astral Sciences in Honor of Kenneth G. Zysk

The Power Of Rudraksha

Yoga Sutras of Patanjali

The Healing Power of Light

Roots of Yoga

The Origins of Yoga and Tantra

Immortality and Freedom

In the last few decades, yoga has helped millions of people to improve their concepts of themselves. Yoga realises that man is not only the mind, he is body as well. Yoga has been designed in a such a way that it can complete the process of evolution of the personality in every possible direction. Kundalini yoga is a part of the tantric tradition. Even though you may have already been introduced to yoga, it is necessary to know something about tantra also. Since the dawn of creation, the tantrics and yogis have realised that in this physical body there is a potential force. It is not psychological or transcendental; it is a dynamic potential force in the material body, and it is called Kundalini. This Kundalini is the greatest discovery of tantra and yoga. Scientists have begun to look into this, and a summary of the latest scientific experiments is included in this book.

You're no idiot, of course. You know Eastern philosophy encompasses many countries and concepts, but when it comes to breaking down the basics—to discuss with others or for your own enlightenment—you can't tell Confucius from Krishna. Don't nix nirvana just yet! The Complete Idiot's Guide® to Eastern Philosophy is an extensive, reader-friendly guide that maps out the terrain along the various paths of knowledge. In this Complete Idiot's Guide®, you get:

This volume explores aspects of yoga over a period of about 2500 years. In its first part, it investigates facets of the South Asian and Tibetan traditions of yoga, such as the evolution of posture practice, the relationship between yoga and sex, yoga in the theistic context, the influence of Buddhism on early yoga, and the encounter of Islam with classical yoga. The second part addresses aspects of modern globalised yoga and its historical formation, as for example the emergence of yoga in Viennese occultism, the integration of yoga and nature cure in modern India, the eventisation of yoga in a global setting, and the development of Patanjali's iconography. In keeping with the current trend in yoga studies, the emphasis of the volume is on the practice of yoga and its theoretical underpinnings.

Lama Zopa Rinpoche, the respected and beloved cofounder of the Foundation for the Preservation of the Mahayana Tradition, offers us a significant book that is both a beautiful tool for experienced practitioners and a how-to for beginners. Revitalize your practice with the potent energy of mantra. In this book, beloved teacher Lama Zopa Rinpoche guides us through the most popular mantras in Tibetan Buddhism: Shakyamuni Buddha, Chenrezig, Manjushri, Tara, Medicine Buddha, Vajrasattva, and more. A mantra—literally “that which protects the mind”—is a series of Sanskrit syllables that evoke the energy of a particular buddha or bodhisattva. It works as a sacred sound that brings blessings to ourself and others, and as a tool to transform our mind into one that is more compassionate and wise. In clear and succinct teachings, Lama Zopa shows us why we need different mantras and how each mantra works. He also explains their importance and power, giving specific instructions for practicing them. The exquisite, full-color illustrations of the deities that accompany the text make this book a beautiful guide, one suitable for both beginners and experienced practitioners.

Spiritual Telepathy

Yoga Powers

Evaluating The Evidence

Modern Alchemy

Six Spiritual Truths of the Soul (Concise & Complete Commentary)

The Power of Mantra

Indic Religions to the Thirteenth Century

Most Mysterious Riddles of Life Remain To Be Understood. All Animate And Inanimate Objects When Observed Keenly Seem Rondrous And Miraculous. The Endeavour Of The Author, His Divine Grace Acharya Keshav Dev, Is To Reveal The Mysteries That Surround Us, Through His Work A Mystery. The Book Is One Of His Many Works And A Result Of Incessant Hard Work And Years Of Research. It Delves Into Various Occult Sciences Of India And Has Been Compiled In A Lucid Manner To Provide Scientific Analyses Of The Phenomena That Have Appeared Mysterious So Far. His Divine Grace Acharya Keshav Dev Has Tried To Elaborate These In A Very Simple Language To Make It Intelligible To The Common Reader And Possibly Practice Them. Shabd Vinyan, Mantra Vinyan, Tantra, How To Achieve Yoga Siddhi? Techniques Of Awakening The Divine Vision, Science Of Knowing The Time Of Death, Science Of Respiration, Science Of Dreams, Locating Water Streams Inside The Earth, Mystery Of Bell And Conch, Spectacle Of Clapping, Sole, Palate, Prediction Of Throbbing Of Body Parts, Importance Of Performing Vayga And Its Miraculous Effects, Science Of Music And How Music Can Heal Different Diseases, Science Of Omens Based On Creatures Like Lizard, Khanjan Bird, Dogs, Crow Etc, Features Of Male And Female Body Parts And Their Predictions, Life After Death, Importance And Effects Of Science Of Odours, Urine Therapy, Yoga Etc., All These Subjects And The Related Streams Are Disclosed In This Book And Would Help The Readers Immensely. All The 32 Chapters Of A Mystery Delve In Detail On Important Aspects Of Life. The Book A Mystery Is A Result Of Unique And Tireless Endeavour By His Divine Grace Acharya Keshav Dev. The Book Is Highly Informative And Aims At Benefiting The Readers In Their Daily Life. By Following Simple Techniques Mentioned In The Book One Achieve High Goals In Material And Spiritual Life. A Lucid Writing, Easy To Comprehend, Intelligible To Readers Of All Hue And Tastes, The Book Touches Upon Subtle Aspects Of Human Life.

This book explores Patanjali's Yoga Sūtra from a contemporary scholarly perspective. Chapters in this book explore questions regarding its metaphysics, epistemology, and praxis. Contributors to this volume guide us in a philosophical journey through this text that will be of interest to scholars and yoga practitioners alike.

Presents an investigation in the claims that yoga and meditation practices can enhance clairvoyance, telepathy, psychokinesis, levitation, and precognition.

The present work is a defense of the Tantra, of which Sastra the author is an adherent and a polemic, undertaken in the interests of Hindu orthodoxy in its Sakta and Tantrika form against secularism on the one hand, and on the other the religious eclecticism and various reforming movements, of which, when the book was first written, the Brahmasamaj was a leading type. In fact, in parts the book reads like an orthodox Catholic protest against modernism and is thus interesting as showing how many fundamental principles are common to all orthodox forms of belief, whether of West or of East. The author of the Tantratattva (on which this translation is based)is a well-known Tantrik Pandit, preacher, and secretary of the Sarvangalashba of Benares, who knew no English. His work, which is written in Bengali, may therefore be taken to be an accurate popular statement of modern orthodox views on the subject created by him. The word Tattva is a very comprehensive one, which is by no means always easy to translate. The author has rendered the title of the book as Principles of Tantra, though, may be, it should be Subjects of Tantra. The work deals with chosen topics of Tantra. This, however, also involves a statement of certain fundamental principles which govern Sastrik teaching on the subjects dealt with, and this as well as the contents of possible future volumes must be the justification for giving the book ambitious title.

A New Translation and Commentary

An Antidote to Violence

Research-Based Perspectives on the Psychophysiology of Yoga

The Tantratattva of Shriyukta Silva Chandra Vidyārṇava Bhattācāryya Mahodaya

Kundalini Tantra

Translation and Interpretation

Body and Cosmos

A paper presented at the Third International Conference on Frontiers in Yoga Research and Applications, 23-27 December 1995.

Since the 1960s, yoga has become a billion-dollar industry in the West, attracting housewives and hipsters, New Agers and the old-aged. But our modern conception of yoga derives much from nineteenth-century European spirituality, and the true story of yoga's origins in South Asia is far richer, stranger, and more entertaining than most of us realize. To uncover this history, David Gordon White focuses on yoga's practitioners. Combing through millennia of South Asia's vast and diverse literature, he discovers that yogis are usually portrayed as wonder-workers or sorcerers who use their dangerous supernatural abilities—which can include raising the dead, possession, and levitation—to acquire power, wealth, and sexual gratification. As White shows, even those yogis who aren't downright villainous bear little resemblance to Western assumptions about them. At turns rollicking and sophisticated, Sinister Yogis tears down the image of yogis as detached, contemplative teachers, finally placing them in their proper context.

Meditation techniques, including mindfulness, have become popular wellbeing practices and the scientific study of their effects has recently turned 50 years old. But how much do we know about them? How were they developed for and by whom? How similar or different are they, how effective can they be in changing our minds and biology, what are their social and ethical implications? The Oxford Handbook of Meditation is the most comprehensive volume published on meditation, written in accessible language by world-leading experts on the science and history of these techniques. It covers the development of meditation across the world and the varieties of its practices and experiences. It includes approaches from various disciplines, including psychology, neuroscience, history, anthropology, and sociology and it explores its potential for therapeutic and social change, as well as unusual or negative effects. Edited by practitioner-researchers, this book is the ultimate guide for all interested in meditation, including teachers, clinicians, therapists, researchers, or anyone who would like to learn more about this topic.

Critical study of Brahmasiddhi of Mandanamisra, classical treatise on Advaita ontology.

Science, Yoga, and the Evidence for Extraordinary Psychic Abilities

Vital Practices for Transformation

Principles of Tantra

Occultism and the Emergence of Atomic Theory

Extraordinary Capacities Attained Through Meditation and Concentration

The Complete Idiot's Guide to Eastern Philosophy

The Oxford Handbook of Meditation

Spirituality played a key role in the construction of Indian modernity. While science has certainly been an agent of modernization in India and other non-Western countries, what makes Indian modernity somewhat special is that spiritual leaders in the process. Moreover, leading Indian scientists and spiritualists have recognized the immense potential for dialogue between the two disciplines. Post-colonial India, with its ready access to a holistic spirituality and significant achievements in science and technology, is a fertile site for such a dialogue. Each of the book's four sections addresses specific themes: (1) The tension not just between science and spirituality, but also between the East and West; (2) how some key figures in India became carriers of modern consciousness, and explored the relationship between science and spirituality in the very process of trying to reform their society; (3) significant areas of research in which science and spirituality are both deeply implicated; and (4) the relationship of both scientific and spiritual practice with gender and social justice.

It's widely accepted that Transcendental Meditation (TM) can create peace for the individual, but can it create peace in society as a whole? And if it can, what could possibly be the mechanism? In An Antidote to Violence Barry Spivack and Patricia Saunders examine the peer-reviewed research and suggest that TM can influence the collective consciousness of a society which leads to a decrease in negative social trends, such as a decline in war fatalities, and to an increase in cooperation between nations. Weaving together psychology, sociology, philosophy, statistics, politics, physics and meditation, An Antidote to Violence provides evidence that we have the knowledge to reduce all kinds of violence in society.

Alchemists are generally held to be the quirky forefathers of science, blending occultism with metaphysical pursuits. Although many were intelligent and well-intentioned thinkers, the oft-cited goals of alchemy paint these antiquated experiments as wizardry, not scientific investigation. Whether seeking to produce a miraculous panacea or struggling to transmute lead into gold, the alchemists radical goals held little relevance to consequent scientific pursuits. Thus, the temptation is to view the transition from alchemy to modern science as one that discarded fantastic ideas about philosophers stones and magic potions in exchange for modest yet steady results. It has been less noted, however, that the birth of atomic science actually coincided with an efflorescence of occultism and esoteric religion that attached deep significance to questions about the nature of matter and energy. Mark Morrison challenges the widespread dismissal of alchemy as a largely insignificant historical footnote to science by prying into the revival of alchemy and its influence on the emerging subatomic sciences of the late 19th and early 20th centuries.Morrison demonstrates its surprising influence on the emerging subatomic sciences of the late 19th and early 20th centuries. Specifically, Morrison examines the resurfacing of occult circles during this time period and how their interest in alchemical tropes had a substantial and traceable impact upon the science of the day. Modern Alchemy chronicles several occult encounters between occult conceptions of alchemy and the new science, describing how academic chemists, inspired by the alchemy revival, attempted to transmute the elements; to make gold. Examining scientists publications, correspondence, talks, and laboratory notebooks as well as the writings of occultists, alchemical tomes, and science-fiction stories, he argues that during the birth of modern nuclear physics, the trajectories of science and occultism—so often considered antithetical—briefly merged.

ĀjñāRemote Viewing of Subatomic Particles ; Evidence of a Yogic Siddhi

Principles of Tantra ...

Sinister Yogis

Yoga

Its Context, Theory, and Practice

A Mystery

Thinking with the Yoga Sutra of Patanjali

Yoga in Practice

An anthology of primary texts drawn from the diverse yoga traditions of India, greater Asia, and the West. Focuses on the lived experiences in the many world of yoga.

A well-rounded discourse that demonstrates how hard science and metaphysics merge to give us an opportunity to live healthier lives. Cooper opens her discussion to a broad range of thought, including a discussion of the pioneering work of Rudolf Steiner.She delves into the Theosophical system of the Seven Rays, outlining each of the rays with its respective color association and meaning for whole health. Index.

A full exposition of the theory and practices of Yoga, the history of its forms and its role in the evolution of Indian spirituality

Yoga has evolved into a popular fitness practice across the globe. With the various schools of practice, it is imperative for practitioners to study both traditional texts and emerging scientific research in this area. Research-Based Perspectives on the Psychophysiology of Yoga is a unique reference source for the latest academic material on the physiological effects of yoga and cultivating a deeper understanding of yoga practice through the intersection of traditional texts and contemporary research. Including a range of topics such as occupational health, neurobiology, and women's health, this book is ideally designed for professionals, practitioners, students, educators, and academics interested in the effects, challenges, and benefits of yoga practice.

Historical and Contemporary Perspectives

Yoga & Parapsychology

Hatha-Yoga

Atmasiddhi Shastra

Shamanism

Talks by Dr. Jayadeva and Smt. Hansaji

A Biopsychosocial Paradigm of Consciousness and Healing

In this study, philosopher and hatha practitioner Mikel Burley places the soteriological system of hatha-yoga within its proper context, drawing attention to its continuity with Vedic religion, its initiatory pedagogical structure, and to the theoretical underpinnings of hatha practice. In particular, he examines the complex notion of a `subtle bodily matrix'—comprising vital channels (nadis), centres (cakras) and forces (prana)—which is so crucial to the discipline, this matrix being held to form, as it were, a bridge between the gross physical and mental spheres. Use is made of a wide range of source materials, including seminal texts in the hatha tradition such as the Hatha-Yoga-Pradipika and Gheranda-Samhita, as well as primary and secondary works from related streams of Indian thought. The author's approach is both scholarly and accessible, making the study suitable for specialists, practitioners and general readers alike. Hatha-yoga is concerned with the most fundamental of matters: the development of an ethical and spiritually-oriented appreciation of humanity, the cultivation of maximal health and perceptual acuity, and the quest for Self-realisation. Absorbing and penetrating, Hatha-Yoga: Its Context, Theory and Practice makes a valuable contribution to our understanding of this subject.

The landmark scripture on classical yoga, these aphorisms by the sage Patanjali constitute a complete course in the philosophy of yoga and the attainment of self-realization.

Yoga and Parapsychology are two areas in which a significant amount of professional research is awaited. Parapsychology, considered as the discipline to study psi (psychic abilities), is essentially the science of siddhis (extraordinary human abilities). Yoga is considered to be an effective psycho-spiritual pursuit that results in the manifestation of a variety of supernormal phenomena. In fact, Patanjali's Yoga-Sūtra is the foundational text of psychic science. One of its four parts, Vibhuti Pada, is filled with the description and discussion of a variety of paranormal phenomena. There is thus an intrinsic commonality between yoga and parapsychology, which remains essentially unexplored in any systematic way. A serious and scientific study of the two and the resultant synergy of their confluence could result in resolving many of the riddles that puzzle parapsychology today and be a harbinger of a vibrant science opening up new frontiers. Further, it could be seen as a productive East-West meet in a profound sense. Keeping this in view, a national conference and a workshop were organized during January 3–23, 2006 at Andhra University by the Institute for Human Science and Service with international participation. The present volume is a compilation of the major presentations at the conference and workshop, which are appropriately revised and edited in light of the discussions. The contents of the volume contain theoretical articles and reviews as well as experimental reports. Contributors come from different countries besides India, including the United States of America, Sri Lanka, the United Kingdom, Germany and the Netherlands. Thus, the volume is international in scope and coverage.

Rudraksha is an ancient bead known for its divinity, positive results on human mind and for good health. The subject is diverse and complex due to variety of opinions and different descriptions available in ancient epics as well as in some recent books. The Rudraksha is greatly respected and revered as Lord Shiva's tears - the wearing of which will end sorrows and heal ailments. The Rudraksha is a herb which is good for several diseases as confirmed by the non-clinical trials conducted by Department of Pharmacology, University of Mumbai and sponsored by Rudra Life. This volume is a treasure trove for all who wish to buy and wear the Rudraksha or desire to know more about the bead.

Science, Spirituality and the Modernization of India

Empirical Research and Theoretical Studies

A Comprehensive Guide to the Healing and Transformative Power of Light

Yoga in Transformation

Remote Viewing of Subatomic Particles ; Evidence of a Yogic Siddhi

Four Chapters on Freedom

Yoga, tantra and other forms of Asian meditation are practised in modernized forms throughout the world today, but most introductions to Hinduism or Buddhism tell only part of the story of how they developed. This book is an interpretation of the history of Indic religions up to around 1200 CE, with particular focus on the development of yogic and tantric traditions. It assesses how much we really know about this period, and asks what sense we can make of the evolution of yogic and tantric practices, which were to become such central and important features of the Indic religious scene. Its originality lies in seeking to understand these traditions in terms of the total social and religious context of South Asian society during this period, including the religious practices of the general population with their close engagement with family, gender, economic life and other pragmatic concerns.

This is a large print edition of The Hatha Yoga Pradipika offering clear easy to read version. This edition offers text printed in font size 14. Hatha Yoga Pradipika is a classical text describing Hatha Yoga. It is the oldest surviving text on Hatha Yoga. Swami Svاتمarama, a disciple of Swami Goraknath, wrote the text, drawing upon previous texts and his own experiences. While the text describes asanas (postures), purifying practices (shatkarma), mudras (finger and hand positions), bandhas (locks), and pranayama (breath exercises), it also explains that the purpose of Hatha Yoga is the awakening of kundalini (subtle energy), advancement to Raja Yoga, and the experience of deep meditative absorption known as samadhi. Yogi Svاتمarama was a 15th and 16th century yogic sage in India. He is best known for compiling the yoga manual Hatha Pradipika or Light on Hatha Yoga. Svاتمarama maintains throughout the text that Hatha Yoga's true purpose is the arousal of the Kundalini, until perfection in Raja Yoga is achieved, i.e. liberation.