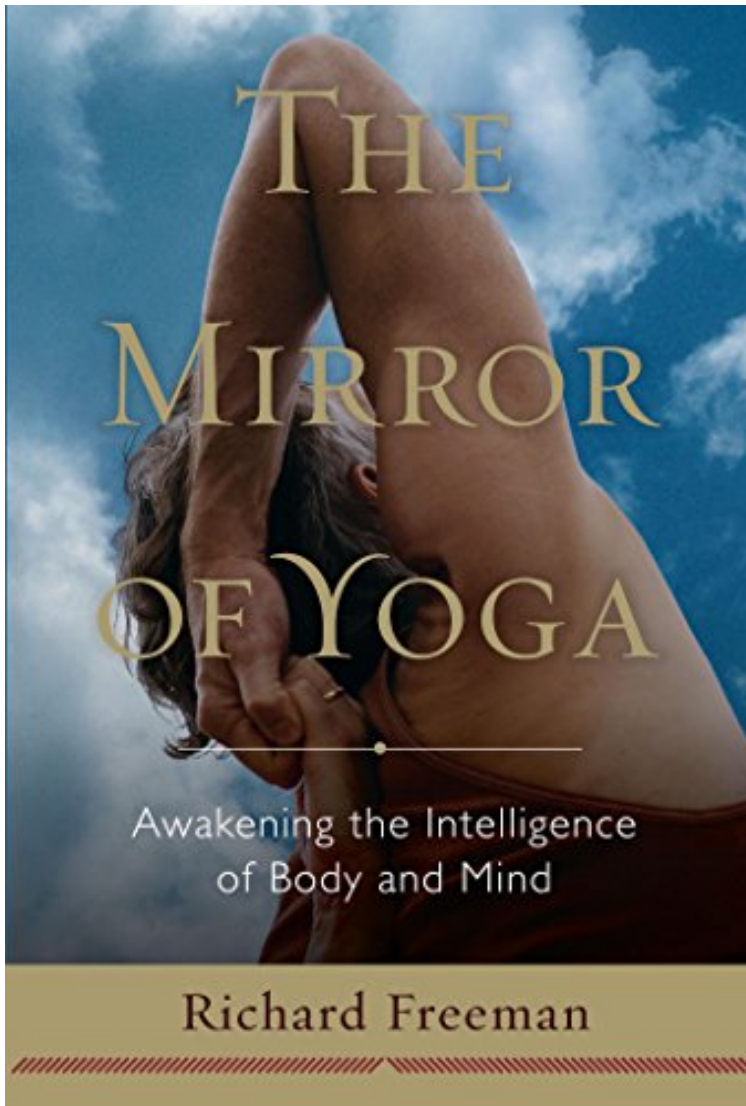


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# The Mirror of Yoga: Awakening the Intelligence of Body and Mind



*Par Richard Freeman*  
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## Description :

Prsentation de l'diteurThe world of yoga is astonishingly rich in its array of schools and practices. Yet, as diverse as they seem, they share a common aim: the discovery of the essence of existence that can be found at the core of our being, and the liberation that comes from that discovery. With this worthy goal in mind, Richard Freeman presents an enlightening overview of the many teachings, practices, and scriptures that serve as the basis for all the schools of yogahatha, bhakti, jnana, karma, tantra, and others. He shows how the myriad forms are ultimately related, and can even be perceived to make up a vast, interpenetrating matrix, symbolizing the unity, profundity, and beauty of the ancient tradition. Richard's wide-ranging discussion

includes the Upanisads and Samkhya philosophies, the Yoga Sutra of Patanjali, the eight limbs of astanga yoga, the process and purpose of hatha yoga, and much more. He also explores the role of the guru, chanting, meditation, and the yogic imperative of offering service to others. All of this is applied to the actual practice, giving the reader the tools to digest and apply the wealth of information to daily life. The Mirror of Yoga will be a welcome resource to all yogis who wish to better practice the profound philosophy underlying their practice. *Revue de presse* [This book contains] everything that I have wanted to say and everything that I wish I knew that I had wanted to say. Richard Freeman once again proves that he is superhuman and yet knows everything about being human and knows how to teach us to draw out the nectar of life with this evolving art of yoga. Rodney Yee At last, here is an exposé on the most vital and dynamic themes relevant to the yoga practice. Richard has the unique and entirely delightful ability to speak to the intricacies, the paradoxes, the depths and surfaces that belong to the yoga experience. What a great boon that Richard should hold up such a clear mirror for all of us on the yoga path today. Tias Little Collectively, these essays form an insightful and oftentimes humorous introduction to the deeper aspects of yoga philosophy, suitable for both the neophyte and the seasoned practitioner. In addition to being quite original, imaginative, and at times almost whimsical, *The Mirror of Yoga* is also firmly grounded in references to, and excerpts from, those yogic texts most respected by all schools of practice. Namarupa Magazine Online This thoughtful and beautifully written book . . . will take the average yogi to the next level. New Age Retailer Presentation de l'auteur The world of yoga is astonishingly rich in its array of schools and practices. Yet, as diverse as they seem, they share a common aim: the discovery of the essence of existence that can be found at the core of our being, and the liberation that comes from that discovery. With this worthy goal in mind, Richard Freeman presents an enlightening overview of the many teachings, practices, and scriptures that serve as the basis for all the schools of yogahatha, bhakti, jnana, karma, tantra, and others. He shows how the myriad forms are ultimately related, and can even be perceived to make up a vast, interpenetrating matrix, symbolizing the unity, profundity, and beauty of the ancient tradition. Richard's wide-ranging discussion includes the Upanisads and Samkhya philosophies, the Yoga Sutra of Patanjali, the eight limbs of astanga yoga, the process and purpose of hatha yoga, and much more. He also explores the role of the guru, chanting, meditation, and the yogic imperative of offering service to others. All of this is applied to the actual practice, giving the reader the tools to digest and apply the wealth of information to daily life. The Mirror of Yoga will be a welcome resource to all yogis who wish to better practice the profound philosophy underlying their practice.