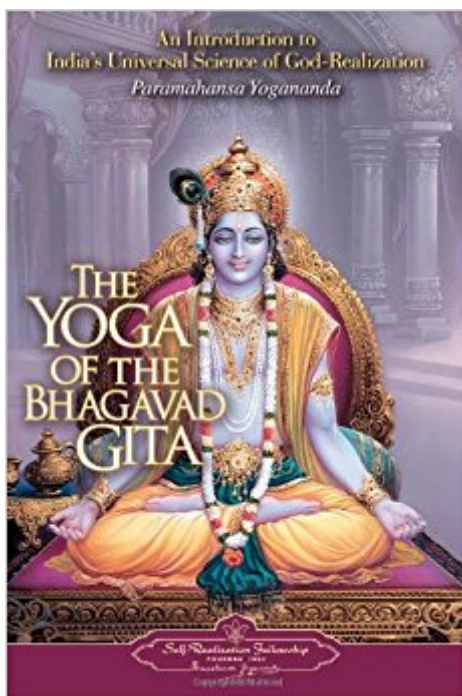


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The Yoga Of The Bhagavad Gita (Self-Realization Fellowship)



Synopsis

With penetrating insight, Paramahansa Yogananda sheds a clarifying light on the deeper meaning of the Bhagavad Gita's symbology, and the true intent of India's timeless and universal scripture. He shows how the warriors doing battle on the field of Kurukshetra represent the negative tendencies of the human ego pitted against the divine qualities of the soul, and how the science of Yoga can help us achieve the joy of material and spiritual victory on the battlefield of daily life. An inspiring and concise introduction to the spiritual truths of India's most beloved scripture, these selections from Yogananda's critically acclaimed two-volume translation of and commentary on the Bhagavad Gita (God Talks With Arjuna) explain the step-by-step methods of yoga meditation and right action to achieve union with Spirit and ultimate liberation. Features Paramahansa Yogananda's original translation of the Bhagavad Gita for the first time in sequential form. Topics include: - Using self-analysis and introspection for continuous personal growth - Yoga methods for creating a life of peace and inner harmony - Understanding the psychological forces that help - and those that hinder - spiritual progress - Creating an ideal balance of material and spiritual goals - How to experience the deeper states of meditation and divine illumination.

Book Information

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Customer Reviews

"This book will appeal to anyone intrested in the time-proven wisdom of the ages - including millions of yoga practictioners who are ready to go beyond physical exercises to experience the spiritual depths and true essence of India's ancient science of inner peace, joy, and divine union." --

Reviewer "New York Yoga"

Born in India on January 5, 1893, Paramahansa Yogananda - author of the renowned spiritual classic *Autobiography of a Yogi* - devoted his life to helping people of all races and creeds to realize and express more fully in their lives the true beauty, nobility, and divinity of the human spirit. After graduating from Calcutta University in 1915, Yogananda took formal vows as a monk of India's venerable monastic Swami Order. Two years later, he began his life's work with the founding of a how-to-live school since grown to twenty-one educational institutions throughout India where traditional academic subjects were offered together with yoga training and instruction in spiritual ideals. In 1920, he was invited to serve as India's delegate to an International Congress of Religious Liberals in Boston. His address to the Congress and subsequent lectures on the East Coast were enthusiastically received, and in 1924 he embarked on a cross-continental speaking tour. Over the next three decades, Paramahansa Yogananda contributed in far-reaching ways to a greater awareness and appreciation in the West of the spiritual wisdom of the East. In Los Angeles, he established an international headquarters for Self-Realization Fellowship, the nonsectarian religious society he had founded in 1920. Through his writings, extensive lecture tours, and the creation of Self-Realization Fellowship temples and meditation centers, he introduced hundreds of thousands of truth-seekers to the ancient science and philosophy of Yoga and its universally applicable methods of meditation. Today, the spiritual and humanitarian work begun by Paramahansa Yogananda continues under the direction of Sri Mrinalini Mata, one of his closest disciples and president of Self-Realization Fellowship/Yogoda Satsanga Society of India since 2011. In addition to publishing his writings, lectures and informal talks (including a comprehensive series of Self-Realization Fellowship Lessons for home study), the society also oversees temples, retreats, and centers around the world.

The editors and publishers at SRF have once again put together a masterpiece of spiritual wisdom harvested from the vast teachings - both spoken and written, of that great yogi Paramahansa Yogananda. It is almost like SRF has cloned the very creative and enlightened well of love that was Yogananda - and pulled out his teachings on the Bhagavad Gita from the astral world itself. This is a fresh and new approach to explaining the science of yoga - if that can be said about teachings and ideas that are thousands of years old. The editors were very careful to keep true to Yogananda's teachings and his words. It has all his energy and thoughts carefully edited and threaded together in a very readable and enlightening format. The book will delight old SRF devotees and inspire new believers. The book delivers at all levels and one will find reading this book a real gift to their spirit.

In my mind and experience, no other translation and commentary on the Gita comes close to Paramahansa Yogananda's for clarity, depth, understanding and insight. Reading it -- along with his other major chef d'oeuvre, "The Second Coming of Christ" -- has convinced me to become a devotee and student of his teachings. The insights he offers to the Gita are often literally breath-taking and his writing style is so eminently understandable as to be useful by anyone with a modest education and a sincere desire to learn. This is indeed a true spiritual classic of major proportion!

Out of all the translations of the Bhagavad Gita that I've read, Paramahansa Yogananda's is the most beautiful and comprehensible. Not to mention his insightful commentary that goes along with it. This new ebook version from SRF is so lovely - colorful and aesthetic. I've had the print version for a while now and always enjoyed it, even just reading a page or two puts my mind in an uplifted state. And so naturally I'm happy to have this on my kindle for on-the-go perusal. Would definitely recommend this book to anyone interested in striving to live a spiritual life in the modern world.

This is an enlightening read !

I have loved this book since I first read it has been a life changer for me! I absolutely live by. I suggest all upcoming yogi's to read all of Paramhansa Yoganada books.read the several times until you have a deeper understanding of them.

This is one several books by Paramahansa Yogananda, published by his legacy organization Self Realization Fellowship, which are as authoritative as anything in print on the significance of man's relationship with God. "The Yoga of the Bhagavad Gita" underlines the utility of scientific meditation, specifically Kriya Yoga, in developing that relationship. Yogananda's examination of the allegorical content of the Bhagavad Gita and Arjuna's triumphant struggle for spiritual enlightenment under the guidance of Lord Khrisna helped this often reluctant devotee renew his efforts.

After reading the Yoga of Jesus, I knew this one would be good as well. This is a must read for anyone taking Yoga Teacher Training. :)

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