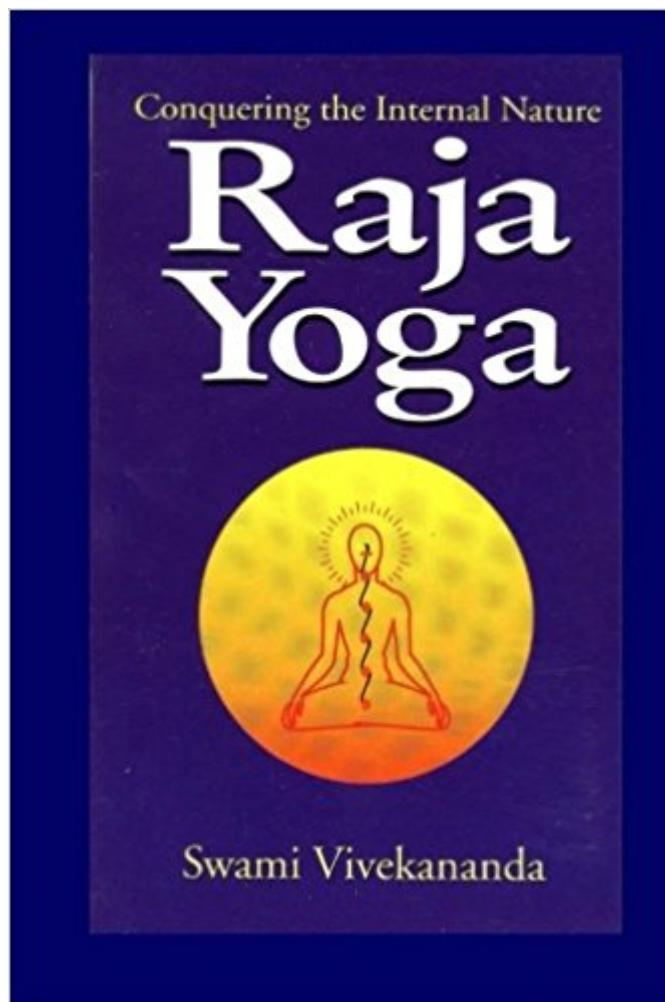


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# Raja Yoga: Conquering The Internal Nature



## Synopsis

This book is about the practice of Raja Yoga. The method has been called the soul of all the yogas. The emphasis here is on the control of the mind through concentration and meditation. Raja yoga is also called the yoga of meditation. It is regarded as the psychological way to union with God. Rousing the Kundalini is the one and only way to attain Divine Wisdom. The rousing may come in various ways: through love for God, through the mercy of perfected sages, or through the power of the analytic will of the philosopher. Wherever there was any manifestation of what is ordinarily called supernatural power or wisdom, there a little current of Kundalini must have found its way into the Sushumna. Only, in the vast majority of such cases, the people had ignorantly stumbled on some practice which set free a minute portion of the coiled-up Kundalini. All worship, consciously or unconsciously, leads to this end. The man who thinks that he is receiving response to his prayers does not know that the fulfillment comes from his own nature, that he has succeeded by the mental attitude of prayer in waking up a bit of this infinite power which is coiled up within himself. Thus, what people ignorantly worship under various names, through fear and tribulation, the Yogi declares to the world to be the real power coiled up in every being, the Mother of eternal happiness, if we but know how to approach her. And Raja Yoga is the science of religion, the rationale of all worship, all prayers, forms, ceremonies, and miracles. Swami Vivekananda, 12 January 1863 – 4 July 1902), born Narendra Nath Datta, was an Indian Hindu monk and chief disciple of the 19th-century saint Ramakrishna. He was a key figure in the introduction of the Indian philosophies of Vedanta and Yoga to the Western world and is credited with raising interfaith awareness, bringing Hinduism to the status of a major world religion during the late 19th century. He was a major force in the revival of Hinduism in India, and contributed to the concept of nationalism in colonial India.

Vivekananda founded the Ramakrishna Math and the Ramakrishna Mission.[2] He is perhaps best known for his inspiring speech which began, "Sisters and brothers of America ...," in which he introduced Hinduism at the Parliament of the World's Religions in Chicago in 1893. He was influenced by his guru, Ramakrishna, from whom he learnt that all living beings were an embodiment of the divine self; therefore, service to God could be rendered by service to mankind. After Ramakrishna's death, Vivekananda toured the Indian subcontinent extensively and acquired first-hand knowledge of the conditions prevailing in British India. He later travelled to the United States, representing India at the 1893 Parliament of the World Religions. Vivekananda conducted hundreds of public and private lectures and classes, disseminating tenets of Hindu philosophy in the United States, England and Europe. In India, Vivekananda is regarded as a patriotic saint and his birthday is celebrated as National Youth Day in India.

## Book Information

Paperback: 234 pages

Publisher: CreateSpace Independent Publishing Platform; First edition (August 1, 2014)

Language: English

ISBN-10: 1500780197

ISBN-13: 978-1500780197

Product Dimensions: 6 x 0.5 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 4 customer reviews

Best Sellers Rank: #743,962 in Books (See Top 100 in Books) #105 in Books > History > World > Religious > Hinduism #1532 in Books > Religion & Spirituality > Hinduism #1679 in Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts

## Customer Reviews

This is one of the most intelligent yoga books I've ever read. Forget about the "new age" material that people are simply repeating without understanding. Stick close to the original eastern teachings (especially the Yoga Sutras as in this instance) that have worked for people for thousands of years. I had to knock off 2 stars because the Kindle edition was so poorly formatted - otherwise, it's top notch.

Great book and received in a timely manner

Good message. Spelling and format were really bad.

It could have been a better book if it was written for the common man. Swami Vivekananda pranayama techniques are suited for a yogi but the common man needs to practice them too for energy, health and well being

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