

A must-read for serious yoga practitioners, meditators and anyone deeply involved with transformative spiritual life, Yogas Forgotten Foundation delves into the integrated approach to yoga as taught by the great masters of India. It is a cogent reminder to those who want to start at the end of the spiritual path that there is an essential beginning, the neglect of which portends failure and disappointment. In 224 pages, with full-color Indian art, it explores the traditional foundation of yoga, twenty little-known guidelines on personal ethics, self-control and religious practice, called the yamas and niyamas. The yamas and niyamas have been preserved through the centuries as the first and second stage of the eight-staged practice of yoga. They provide the essential foundation to support our yoga practice so that attainments in higher consciousness can be sustained. The book begins with a forward by the authors spiritual successor, Satguru Bodhinatha Veylanswami, and takes the reader step by step through noninjury, truthfulness, nonstealing, sexual purity, patience, contentment and other facets of virtue. Grounded in a traditional Hindu point of view, yet admirably relevant to us all, the book discusses some of the toughest issues and challenges of modern life, including promiscuity, domestic abuse, child-rearing, overeating, gambling, vegetarianism, violence, injustice and pornographyâ€”relating them all to progress on the yoga path. It also explores the essential practices, including charity, worship, chanting mantras, austerity and scriptural study. 224 pages, full color.

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Yoga is not just a physical discipline, says the late guru YOGA'S FORGOTTEN FOUNDATION: Twenty Timeless Keys to Your Divine Destiny. A must-read for serious yoga practioners, meditators and anyone deeply involved with transformative spiritual life, Yoga's Forgotten Foundation. Yoga's Forgotten Foundation. Twenty Timeless Keys to your Divine Destiny. Ancient secrets from the yoga tradition for building good character and. Yoga's Forgotten Foundation, Twenty Timeless Keys to Your. Divine Destiny is published by Himalayan Academy. All rights are reserved. This book may be. Yoga's Forgotten Foundation: Twenty Timeless Keys to Your Divine Destiny. User Review - Not Available - Book Verdict. The late Subramuniyaswami was a. sfaranda.com: Yoga's Forgotten Foundation: Twenty Timeless Keys to Your Divine Destiny () by Sivaya Subramuniyaswami and a great. Find great deals for Yoga's Forgotten Foundation: Twenty Timeless Keys to Your Divine Destiny by Sivaya Subramuniyaswami (, Hardcover). Shop with. 25 Jul - 5 sec Read here sfaranda.com?book= Read Yoga's Forgotten.

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