

Yoga: Mastering the Secrets of Matter and the Universe

By Alain Daniélou

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Based on original Sanskrit sources, this book gives an authentic account of the methods of yoga in its different forms, including the challenging "left-hand" paths, as well as practices best suited to Western students.

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Yoga: Mastering the Secrets of Matter and the Universe By Alain Daniélou Bibliography

- Sales Rank: #1098407 in Books
- Brand: Brand: Inner Traditions
- Published on: 1991-08-01
- Released on: 1991-08-01
- Original language: English
- Number of items: 1
- Dimensions: 8.25" h x .60" w x 5.38" l, .53 pounds
- Binding: Paperback
- 208 pages

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Editorial Review

Review
"[*Yoga*] will appeal to the serious student of yoga in any tradition. It is not a fluffy yoga exercise manual. It contains the distilled knowledge of thousands of years, but is totally relevant to the present day." (*Jennifer Hoskins, New Dawn*)

Language Notes
Text: English

From the Back Cover
YOGA / PHILOSOPHY

“It is by studying the microcosm that we can understand the macrocosm; it is through our own impermanent being that we can reach the Universal Being. It is in the cavern of our heart that we can realize the immensity of spaces, and by controlling our own vital rhythms that we can escape the power of time. It is by reaching the source of life that we can escape the power of death. It is by exploring the unknown spheres within ourselves that we can visit the celestial and infernal worlds.”
--The Author

One of the most distinguished living Orientalists, ALAIN DANIÉLOU spent more than twenty years in India studying music and philosophy with eminent pandits of the Hindu tradition. In this book he gives a fully authentic account--based entirely on original published and unpublished Sanskrit sources--of the methods of Yoga in its different forms, including techniques of the more challenging “left-hand” paths. Of special interest is his insight into the unique requirements and capacities of today's aspirant and the specific practices appropriate to Western students. Daniélou is also the author of the acclaimed *Gods of India, Shiva and Dionysus,* and *While the Gods Play*.

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