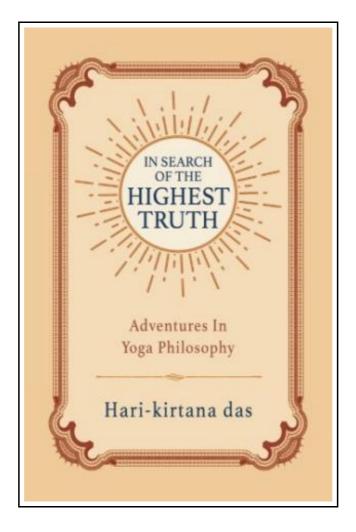
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IN SEARCH OF THE HIGHEST TRUTH: ADVENTURES IN YOGA PHILOSOPHY



Jagat-mangala Press. Paperback. Condition: New. 166 pages. Dimensions: 8.5in. x 5.5in. x 0.4in.If you want to understand the philosophy of yoga, this book is for you. In Search of the Highest Truth is a trip into yogas spiritual dimension that offers readers an unconventional approach to discovering the enduring relevance of ancient yoga wisdom. This book is a must for yoga teachers who want to integrate the philosophy of yoga into their classes and for yoga practitioners who want deepen their experience of yoga. Heres what youll learn: A brief history of yoga philosophyThe functions of yoga philosophyThe relationship of yoga and religionThe ethics of yoga How yoga philosophy reconciles destiny and free willStrategies for reading traditional yoga wisdom textsHow to develop spiritual visionHow to practically apply the principles of yoga philosophy in your own lifeYoga philosophy provides compelling answers to lifes most important questions, offers practical solutions to lifes greatest challenges, and radically transforms our experience of the world. In Search of the Highest Truth will deepen your experience of yoga and clear a joyous path to living a spiritual life in the material world. Here is a carefully conceived book that will be appreciated by students and teachers alike as an excellent introduction to yoga philosophy. - Joshua M. Greene, author of Swami in a Strange Land: How Krishna Came to the WestHari-kirtana das makes central ideas from the classic texts of yoga easy to grasp and, with just enough cheeky style, shows us how several commonplace truths of yoga trip over their philosophical shoelaces. - Jayadvaita Swami, author of Vanity Karma: Ecclesiastes, the Bhagavad-gita, and the meaning of lifeIn Search of the Highest Truth is eminently readable, engaging, and definitely fills a gaping hole in the popular literature on yoga. - Carol Horton, author of Yoga, Ph. D....



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