



## Raja Yoga or Mental Development

By Yogi Ramacharaka

IndoEuropeanPublishing.com. Paperback. Book Condition: New. Paperback. 222 pages. Dimensions: 8.3in. x 5.5in. x 0.6in.

Thousands of years before the development of Western social sciences of psychology, philosophy, religious studies, etc. , the yogis of India, especially the branch of Raja Yoga, which dealt with human mental faculty, pondered with the same questions that today modern scientists are involved in. The results of many of these recent scientific developments clearly seem to be validating the premises of the Eastern philosophy, especially the Yoga Philosophy. This volume represents one of the best writings on the essence of Raja Yoga. As such, this book will be of interest to those looking for understanding human psyche, philosophy, spirituality, and an effective self help source in improving and developing the quality of all aspects of their lives. Last but not least, this volume of Raja Yoga will assist those who are ready in experiencing a glimpse of spiritual transcendence. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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