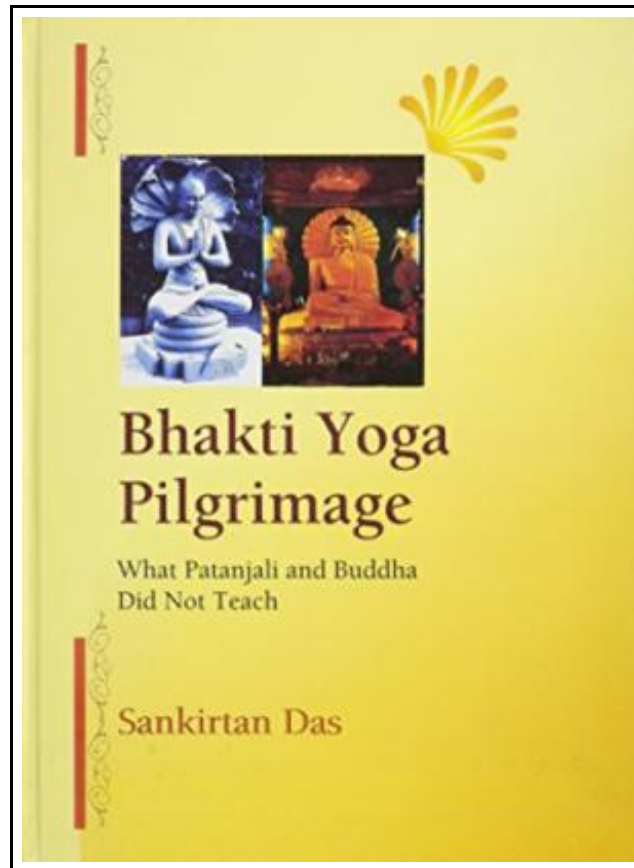


## Bhakti Yoga Pilgrimage: What Patanjali and Buddha Did Not Teach



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Kaveri Book Service, New Delhi, 2009. Hard Bound. Book Condition: New. Is Patanjali's and Buddha's approach to spiritual life the answer for defusing the threat of extremism, which is engulfing our world? Is there an adequate life style to deal with the consequences of global meltdown? The pilgrimage described in this book is not concerned with moving from one geographical point to another but rather is intended to sanctify the consciousness and provide spiritual solutions to material problems. The teachings in this book originate from reliable sources and dismantle the protective walls that currently shield spiritual misleaders from being exposed. Bhakti Yoga Pilgrimage, initially intended for Chinese Yoga students, depicts an authentic process of personal transformation, pertinent for every caring person of the twenty-first century. It discloses a realistic process that takes you beyond mere gymnastics or formless mysticism to tangible spiritual growth. Applying the directions in this book will elevate your awareness and empower you to remain cool when the heat is on. Contents: Foreword; Preface; Introduction to Locations; Introduction to Teachings; 1. Embarking - The Origin of Yoga; 2. Evaluating - The Yoga Philosophy; 3. Riding On - The Chariot of the Mind; 4. Climbing - The Steps of Astanga Yoga; 5. Ascending - The Yoga Ladder; 6. Walking with - The Buddha; 7. Opting for - The Direct Path; 8. Abiding by - The Law of Karma; 9. Choosing - Albeit with Limited Freedom; 10. Discarding - Old Paradigms; 11. Diverting from - The Direct Road; 12. Encountering - The Isvara; 13. Employing - The Vedic Paradigm; 14. Beginning - The Journey; 15. Ending - The Journey; 16. Upgrading - What Others Do Not Teach; 17. Reviewing - The Foolproof Path; 18. Sharing - Matchless Treasure; 19. Epilogue: Happiness with Bhakti Yoga; Appendix: (i) ? Three modes of...



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