



## Yaugika Siddhiyan: Ek Vivecanatmaka Adhyayana

By Jaipal Sharma

D.K. Printworld (P) Ltd., New Delhi, India, 2008. Softcover. Book Condition: New. First Edition. India is invariably the homeland for Yoga being entrusted to the offsprings of Rishis-Maharshis of the olden times. Yoga is for the physical, mental, intellectual and spiritual development of a human being. At one end the attainment of salvation through one's spiritual awakening and knowledge of the eternal truth is considered as the essence of yoga, on the other an efficient yogi can attain the special mystical powers through yoga sadhana. All this has been illustrated in the book Patanjaliyogadarshana of Maharshi Patanjali. The attainment of mystical powers should not be the prime object of yogic exercises, but most of the practitioners adhere to them to attain para-natural powers only. Though it is impossible in today's scientific age to easily believe in these mystical powers, this book majestically proves citing various examples, that these superhuman powers are not mere illusions but can be assimilated and achieved easily even in the materialistic world of today. These powers can be accomplished by practising the specifically prescribed path of the yogic philosophy. Such powers, when achieved should not make a person self-indulgent, but these should be used for the...



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