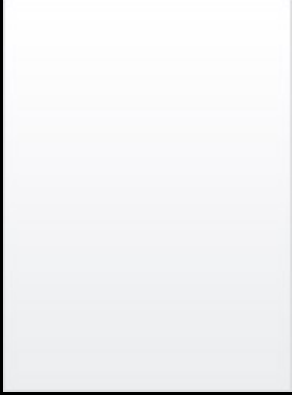


Sāmagrika dr̥shṭīte Prabhātakumāra.

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Description: -
-Sāmagrika dr̥shṭīte Prabhātakumāra.
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Notes: In Bengali.
This edition was published in 1967



Filesize: 8.43 MB

Tags: #Masters #in #Sanskritam

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The afflictions of all karmas have been removed, the Yogi becomes ever free and shines in his or her own glory.

The 3 Levels of Samadhi Yoga

This is Jivanmukta—liberation while still in a physical body.

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The mind in Samadhi possesses power that a normal mind does not, making it the main tool the Yogi uses to achieve the end goal of yoga—the joining of the individual self with the Universal Absolute.

What is Sama

Here you enjoy a supremely divine, all-pervading, self-amorous ecstasy.

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Here nature's dance stops, and the knower and the known become one. Then, exhale completely through your nose.

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Bend your left leg and place your left foot at the top of your right thigh. Now you see that practically everything happens spontaneously—you have nothing to do. Now the heart is fully awake.

What is Sama

The past and future are blended into the eternal present. The exulted blissful state may last for a few hours or a few days.

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If there is pain in either knee, place a blanket under the knee to relieve it. This enhanced level of equilibrium can help reduce agitation and anxiety.

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