



## Fourteen Lessons on Raja Yoga

By Swami Sivananda

The Divine Life Society 0. Softcover. Book Condition: New. 12 x 18 cm. Life today is full of stress and strain, of tension and nervous irritability, of passion and hurry. If man puts into practice a few of the elementary principles of Yoga, he would be far better equipped to cope with his complex existence. Yoga is complete life. It is a method which overhauls all aspects of human personality. Yoga is a system of integral education. The science of Raja Yoga is universal, it is applicable to all. The fourteen elementary lessons on Raja Yoga are an enumeration of Patanjali's octagonal system which begins with ethical discipline and ends with the final dissolution of the individual perception in the cosmic consciousness. No impossible methods are advocated herein. No allegiance is demanded to a particular cult. Here indeed is shown the way to live full and happy life to one's own personal advantage and usefulness to others. Printed Pages: 127.



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