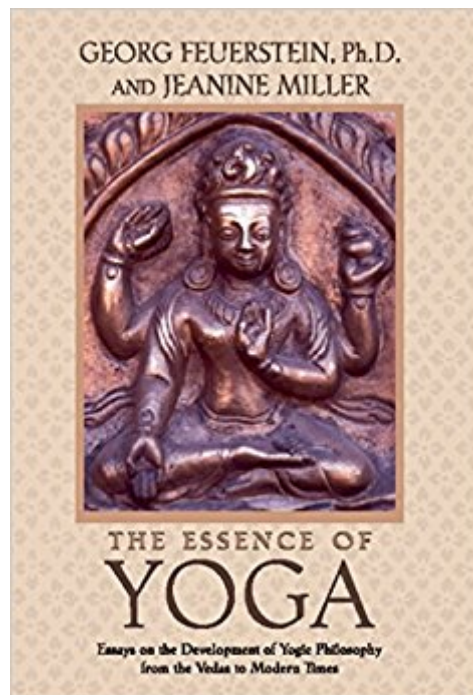




Ebook Directory
the best source of ebook

The book was found

The Essence Of Yoga: Essays On The Development Of Yogic Philosophy From The Vedas To Modern Times



Synopsis

A collection of classic essays by two highly regarded scholars on the development of yoga and its rapport with other religious traditions. Georg Feuerstein, one of the world's foremost scholars of yoga, and Jeanine Miller, long recognized for her insightful commentaries on the RgVeda, here pool their considerable talents in a look at the development of yogic thought across the ages and its similarities with the Christian mysticism of Meister Eckhart. Two of their essays included here, one concerning the essence of yoga and the other looking at the meaning of suffering in yoga, have long been singled out by indologists for correcting prevalent misconceptions and providing a conceptual framework for many of the subsequent studies in that field. The reprinting of these important essays in *The Essence of Yoga* gives new readers a chance to share some of the authors' earliest insights into yoga and their deep conviction that these discoveries are of the highest significance for a proper understanding of the human condition.

Book Information

Paperback: 192 pages

Publisher: Inner Traditions (December 1, 1997)

Language: English

ISBN-10: 0892817380

ISBN-13: 978-0892817382

Product Dimensions: 5.5 x 0.5 x 8 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 2 customer reviews

Best Sellers Rank: #335,902 in Books (See Top 100 in Books) #8 in [Books > Religion & Spirituality > Hinduism > Sacred Writings > Vedas](#) #84 in [Books > Religion & Spirituality > Hinduism > Rituals & Practice](#) #185 in [Books > Religion & Spirituality > New Age & Spirituality > Reference](#)

Customer Reviews

"Feuerstein's voice is sane and solid, careful and compassionate, and yet he always sheds new light and understanding on even the most mundane of topics." (Ken Wilber, author of *Sex, Ecology, Spirituality*) "Feuerstein and Miller are long recognized as authorities on the yogic tradition. For any scholar of Yoga or the Christian mysticism of Meister Eckhart, this book is a boon." (Bodhi Tree)

YOGA “The Essence of Yoga pulsates with judicious quotes and diagrams.”

--Library Journal ““A casual reader will be caught by the applicability of ideas he may have thought were impenetrable; a serious reader will experience excitement at seeing esoteric ideas come alive in etymologies and contextual studies of the Vedas and the Yoga classics.”

--Beyond Reality ““In Georg Feuerstein we have an extremely important and valuable voice for the perennial philosophy.”

--Ken Wilber, author of *The Spectrum of Consciousness and Sex, Ecology, Spirituality* ““Jeanine Miller is one of the scholars today who applies more than just a methodological empathy in order to study the Vedas. She explodes old views.”

--Prof. Raimundo Panniker, author of *The Vedic Experience* Georg Feuerstein, Ph.D., one of the world’s foremost scholars of Yoga, and Jeanine Miller, long recognized for her insightful commentaries on the Rgveda, here pool their considerable talents to offer a deeper glimpse into the development of Yogic thought across the ages and its similarities with the Christian mysticism of Meister Eckhart. Two of the essays included--one concerning the essence of Yoga and the other looking at the meaning of suffering in Yoga--have long been singled out by Yoga researchers for correcting prevalent misconceptions and providing a conceptual framework for many of the subsequent studies in that field. This volume of important essays gives new readers the opportunity to share some of the authors’ earliest insights into Vedic and Classical Yoga, as well as their deep conviction that this ancient tradition is of the highest significance for a proper understanding of the human condition. Among the thirty books to GEORG FEUERSTEIN’s credit are *Lucid Waking*, *The Philosophy of Classical Yoga*, *The Yoga-Sutra of Patanjali*, *Living Yoga*, and *The Shambhala Encyclopedia of Yoga*. He is the director of the Yoga Research Center in California. JEANINE MILLER is the author of *The Vedas and The Vision of Cosmic Order in the Vedas* and was a longtime associate of the British Museum. She now resides in France.

If you are a fan of Georg Feuerstein’s writings, this book resembles the *Philosophy of Classical Yoga* in that it is written for the more intermediate, advanced or scholarly yoga student as it reviews yoga’s early roots in the Vedic tradition, while relating the study to the Christian mystic, Meister Eckhart. From her expertise in the Vedas, co-author Jeanine Miller offers her insights that help the Vedas come alive for the reader and realize how the yoga of today springs forth from a 5,000 year old tradition.

If you like philosophy and get turned by Yoga, this is a book for you. The chapters are pretty technical and full of yogic terminology, but the presentation is sound and endlessly fascinating. The

book has my vote.

[Download to continue reading...](#)

The Essence of Yoga: Essays on the Development of Yogic Philosophy from the Vedas to Modern Times
Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3)
Manifesto for Philosophy: Followed by Two Essays: "the (Re)Turn of Philosophy Itself" and "Definition of Philosophy" (Suny Series, Intersections, Philosophy and Critical Theory)
Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1)
Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners)
Eye Yoga, Vol.1: Yogic Eye Exercises for Strong, Healthy and Relaxed Eyes
Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy (Classic Reprint)
Divine Vedas: Analysis of various sets of allegations on Vedas the vedas: 4 vedas in 1 book
Essence of the Bhagavad Gita: A Contemporary Guide to Yoga, Meditation, and Indian Philosophy (Wisdom of India)
Essence of Vedas: Know the startling facts about Veda – "Vedas" – a timeless heritage that humanity possesses (Religion of Humanity Book 2)
Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth
How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People)
Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition)
Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1)
Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series)
Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief)
Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1)
Shadow Yoga, Chaya Yoga: The Principles of Hatha Yoga Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics)

Contact Us

DMCA

Privacy

FAQ & Help