

yoga sutras of patanjali interpretive translation - swami j - yoga sutras of patanjali swami jnaneshvara bharti page 4 of 63 04 chapter 1: concentration (samadhi pada) what is yoga? (1.1-1.4) 1.1 now, after having done prior preparation through life and other practices, the **yoga sutras of patanjali - lanoo** - yoga sutras of patanjali section i - the sutras - raghavan iyer, ed. o book i - samadhi pada o book ii - kriya yoga o book iii - vibhuti pada **yoga sutras of patanjali: an overview - *** icyer** - yoga sutras of patanjali: an overview by yogacharya dr. ananda balayogi bhavanani 2 and chanted with reverence and understanding in order to facilitate the development of a deep sense of quiet, inner contemplation. **the yoga sutras of patanjali - sbss** - yoga is the process, the action, verb, technique, and cause; while samadhi (reunification) is the object, fruit, result. simply put, this is what the entire yoga sutras are about and which is the essential statement of chapter i, sutras 1-3 of **yoga sutras of patanjali - integral yoga studio** - yoga defined (sutra 1.2) mind-field: cognitive mind + intellect + ego + storage (memories, impressions, unfulfilled desires) modifications (vrittis) caused by the three gunas **a comparison of hindu and buddhist techniques of attaining ...** - of samadhi in the yoga-sutra, these are divided into two main types: the p.rnpa jhanas which are attained by concentration and meditation on a mental or external **yoga sutras of patanjali 1.1-1.4: what is yoga?** - yoga is the control (nirodhah, regulation, channeling, mastery, integration, coordination stilling, quieting, setting aside) of the modifications (gross and subtle thought patterns) of the mind field (11) then the seer abides in itself, resting in its **transzendente meditation in der ... - samadhi-meditation** - die ausföhrungen der yoga-sutras zum objektreferenten samadhi lassen sich öberwiegend so verstehen, dass im ödahinschwinden und absinken, im ein- tauchen des geistes die aufmerksamkeit von den meditationsobjekten absor- **holism in yoga: some reflections on yoga sutra** - holism in yoga: some reflections on yoga sutra dr. arun pratap singh, project director & assistant professor, department of psychology, school of humanities and social sciences, mg international hindi university, wardha, maharashtra- 442001, india email: jyotiarun13@gmail abstract holism has emerged as a major concern among scholars of different streams of knowledge to resolve key concerns ... **a preliminary study of the effects of an innovative social ...** - cognitive-theory based yoga group over the self-help group for self-control for quitting (p