



Raja-Yoga; Or, Conquering the Internal Nature (Paperback)

By Swami Vivekananda

Martino Fine Books, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. 2012 Reprint of 1928 Edition. Exact facsimile of the original edition, not reproduced with Optical Recognition Software. Vivekananda was an important Indian teacher who came to this country just over a century ago and taught Hindu meditation practice and religious philosophy. Raja Yoga means the discipline of meditation practice, as opposed to Hatha Yoga, which means the discipline of physical stretching exercises. Raja Yoga is one of the most well-known books by Vivekananda, who also wrote books on Karma Yoga, Bhakti Yoga and Jnana Yoga. According to the author, the goal of Raja Yoga is to concentrate the mind and to discover the innermost recesses of our own mind. In order to obtain the goal, practice is absolutely necessary. The appendix contains the translation of the Patanjali Yoga Aphorisms.

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