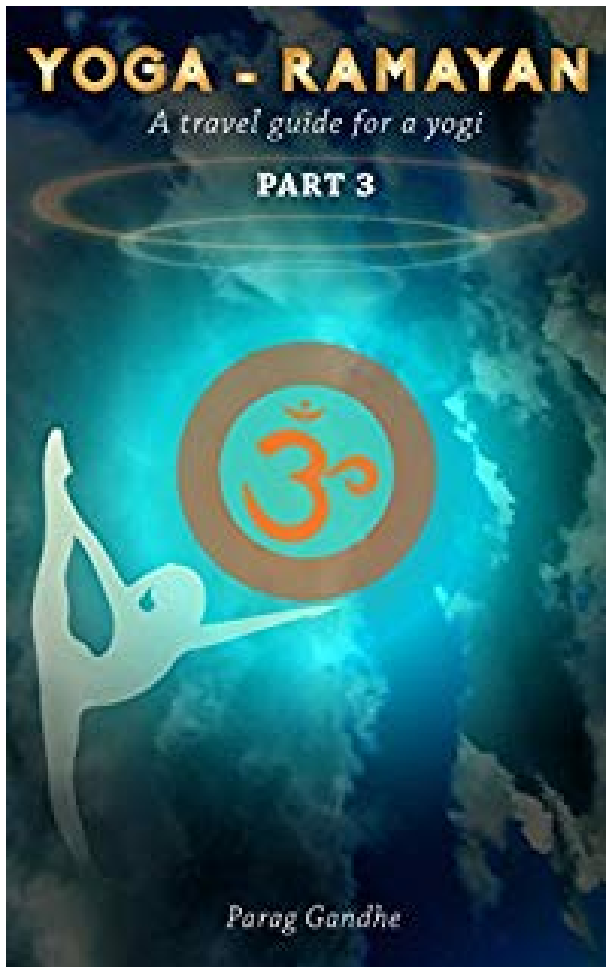


Yoga Ramayan : A Travel Guide for a Yogi - Part 3



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Outline of Part – 3 Section 5 – Experiencing Energy and Consciousness • Begin with Warning sign from Isavasya Upanishad - People, who do not use knowledge of consciousness properly, go to even more darkness. • Very simple experiments to see energy and consciousness within body. • One size does not fit all, and the same size does not fit us all the time, so be open to try out various experiments. • Experiments include focusing eyes on a square, watching breath, watching pain, repeating of a mantra, and using contradictions of Zen and Ramayan. Section 6 – Connecting to Back to Ved • Big Bang of Yoga : Translation of Nasadiya Sukt of Ved to introduce concept of Universal Consciousness, it's wish to know itself, and the separation of energy from consciousness, which gives rise to the creation. • Culture : Definition of culture with a core quality, logic as a core quality of western cultures whereas spirituality as a core quality of eastern culture, it's possible origin in Indus Valley civilization, introduce new concept of Janakiyan culture as a parallel to Hellenic culture, explain its key values. • Religion and Spirituality: Rise and role of religion, why we need them? And spirituality as a common factor of all religions. • Faith: Discuss blind faith as a weak or unsure faith, its transition into direct and continuous experience, and Yoga relies on experience, not on faith. • Translate the Purusha Sukta of Ved, see how it is different from the Valmiki Ramayan in its type of spirituality, but at the end, has a same meaning as Nasadiya Sukta of Ved.