

# The Wisdom of Yoga



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The Wisdom of Yoga: An Introduction to Ananda Marga Philosophy by Ac. Vedaprajinánanda Avadhuta

This is a short introduction to the basic elements of Ananda Marga philosophy with chapters explaining the origin of Tantra, eight-limbed yoga, the structure of the mind, reincarnation and the cosmic cycle of creation.

The extension of Sarkar's philosophy into solving the socio-economic problems of today is also treated, giving the reader a concise introduction to ideas which promise to transform all strata of human society in the years ahead.

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