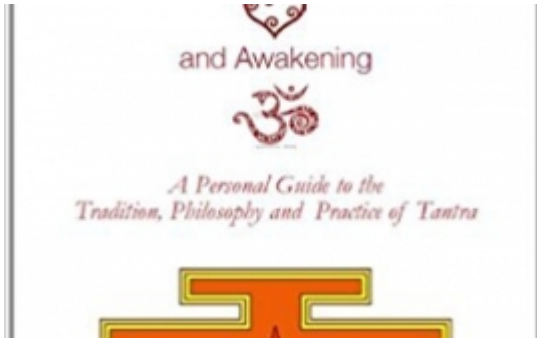


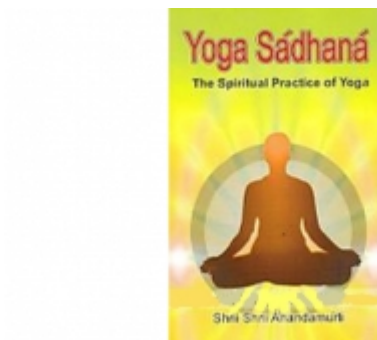
Yoga



Tantra: The Yoga of Love & Awakening

A great historical and philosophical summary of Tantra that dispels misconceptions regarding the subject with practical and inspirational pointers on how to apply the principles of Tantra in daily life. Probably one of the best books on the subject because of how concise, well researched and pointed the book was organized by the author.

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Yoga in its true sense is the unification of the unit consciousness with Supreme Consciousness; and the practices developed over millennia to achieve that unification are correctly called yoga sadhana.

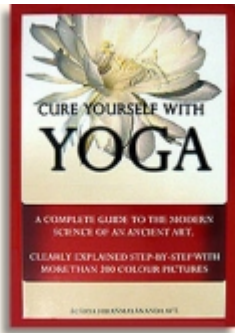
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This is a short introduction to the basic elements of Ananda Marga philosophy with chapters explaining the origin of Tantra, eight-limbed yoga, the structure of the mind, reincarnation and the cosmic cycle of creation.

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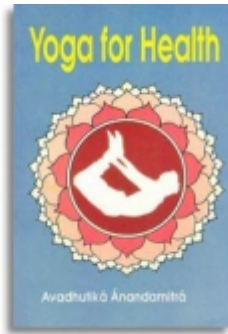
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Yoga: The Way of Tantra

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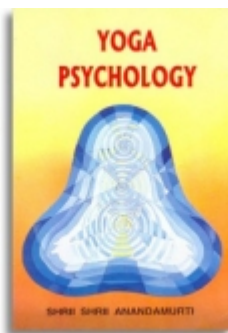
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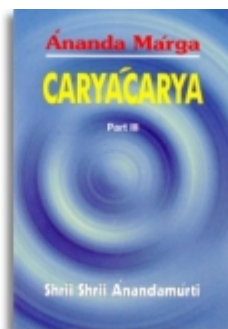
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Carya Carya Part III

This part contains all the dos and don'ts related to physical health that must be followed for progress in mental and spiritual sádhaná.

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