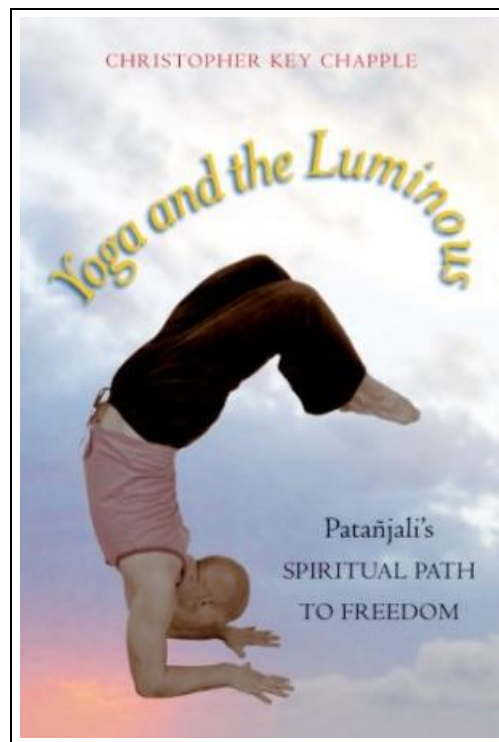


## Yoga and the Luminous: Patanjalis Spiritual Path to Freedom



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## YOGA AND THE LUMINOUS: PATANJALIS SPIRITUAL PATH TO FREEDOM



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State University of New York Press. Paperback. Condition: New. 320 pages. Dimensions: 8.9in. x 6.0in. x 0.9in. A fresh look at Yoga philosophy. In *Yoga and the Luminous*, a book that emerges from more than thirty years of practice, study, and reflection, Christopher Key Chapple addresses the need for an accessible explanation of Yogas difficult philosophy and its applications in daily life. Yoga practice takes an individual on an inward journey, and through Yoga, one enters a rarefied state of consciousness, a transparency and luminosity described by its great philosopher Patanjali as being like a clear jewel. Exploring Yoga through the prism of practice, Chapple begins with a historical overview of the many Yogic traditions in Indian religions. He continues with Yoga practice and the philosophy of Skhya, and then, in step-by-step fashion, he brings the reader to an understanding of the ethics of Yoga, the role of movement and breath, and the processes of concentration and meditation. Finally, building on the root metaphor of luminosity and light, Chapple explains the applications of Yoga in daily life. *Yoga and the Luminous* also includes a word-by-word translation of Patanjalis *Yoga Stra*, the foundational text of Yoga philosophy and a system of ethical practice and bodily purification. The translation is accompanied by an analysis that traces key ideas through the text, such as the reversal of mental and sensory outflows and the theme of spiritual discernment. Chapple also gives special attention to the feminine in the description of Yoga practices. the overall tone of *Yoga and the Luminous* clearly oscillates between the formally academic and the rhetorical warmth of the Yoga studio this blending of two distinctive modes of discourse make for a work that is both engaging and accessible the heart of the text is Chapples translation of Patanjalis *Yoga Stra* Most...



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