

Science Of The Soul By Brahmachari Swami Vyasdev Free Books About Science Of The Soul By Brahmachari Swami Vyasdev

This book offers for the first time a comprehensive study of the reception and reworking of the Peripatetic theory of the soul in the Kitāb al-Nafs (Book of the Soul) by Avicenna (d. 1037). This study seeks to frame Avicenna's science of the soul (or psychology) by focusing on three key concepts: subject, definition, and activity. The examination of these concepts will disclose the twofold consideration of the soul in Avicenna's psychology. Besides the 'general approach' to the soul of sublunary living beings, which is the formal principle of the body, Avicenna's psychology also exhibits a 'specific orientation' towards the soul in itself, i.e. the human rational soul that, considered in isolation from the body, is a self-subsistent substance, identical with the theoretical intellect and capable of surviving severance from the body. These two investigations demonstrate the coexistence in Avicenna's psychology of a more specific and less physical science (psychologia specialis) within a more general and overall physical one (psychologia generalis).

Discusses how philosophers from Thomas Aquinas to Pierre d'Ailly dealt with the difficult task of giving a unified account of life and traces the various stages in the transformation of the science of the soul between 1260 and 1360.

With academic courses either encouraging commercialism, or cultivating zealots, Chittick states that it is impossible to understand classical Islamic texts without the years of contemplative study that are anathema to the modern education system. Insisting upon a return to the ways of the ancient wisdom tradition, which saw the quest for knowledge of the soul, the world, and God as a unifying spiritual discipline, Chittick maintains that the study of Islamic texts cannot be treated separately from self-understanding. Fascinating, radical, and a true challenge to modern trends in academic study, this book opens a new debate in Islamic thought.

John P Carlos, senior consulting partner with The Ken Blanchard Companies, and Rick Miller, founder of Kids at Hope, collaborated on this exceptional book written to guide community, school, youth organisations, and parents in developing a culture that supports the success of every child, NO EXCEPTIONS. The book is a parable about possibilities... primarily the possibility of success. Kids at Hope is a belief system that turns around the current 'youth at risk' paradigm.

Volume Two continues where Part One left off within the areas of the zodiac and astro-theology. Advanced information, at a higher level than Volume One. Contains more information on astrology than any book you are likely to see. It is a small occult library in itself, commonly used as a text for esoteric knowledge, whether alone or part of a group. Both books contain spiritual truths not found elsewhere, mostly concerning man's place in the universe, both here and after death.

Religion tells us that God is love but neuroscience counters with love as a well-timed trickle of transmitters and hormones. With doctorates in both mathematics and theology, Kevin Sharpe explores these notions and asks the question Has Science Displaced the Soul?

It is a widely held belief that human beings are both body and soul, that our immaterial soul is distinct from our material body. But that traditional idea has been seriously questioned by much recent research in the brain sciences. In Neuroscience and the Soul fourteen distinguished scholars grapple with current debates about the existence and nature of the soul. Featuring a dialogical format, the book presents state-of-the-art work by leading philosophers and theologians -- some arguing for the existence of the soul, others arguing against -- and then puts those scholars into conversation with critics of their views. Bringing philosophy, theology, and neuroscience together in this way brings to light new nuances and significantly advances the ongoing debate over body and soul.

The first volume to examine theories of soul in Greek philosophy using an approach drawn from the history of science.

'Raising Lazarus' is unique in being co-authored by a scientist/patient and priest/ Jungian analyst, offering a bridge between the physical and spiritual elements of healing from clinical depression.

This collection of articles by Srila Prabhupada from Back to Godhead magazine covers knowledge of the soul and the practice of bhakti-yoga. These interviews, lectures, and essays cover topics such as the goal of human life, seeking a true spiritual teacher, reincarnation, super-consciousness, Krishna and Christ, and spiritual solutions to today's social and economic problems.

This volume is the first in English to provide a full, systematic investigation into Aristotle's criticisms of earlier Greek theories of the soul from the perspective of his theory of scientific explanation. Some interpreters of the De Anima have seen Aristotle's criticisms of Presocratic, Platonic, and other views about the soul as unfair or dialectical, but Jason W. Carter argues that Aristotle's criticisms are in fact a justified attempt to test the adequacy of earlier theories in terms of the theory of scientific knowledge he advances in the Posterior Analytics. Carter proposes a new interpretation of Aristotle's confrontations with earlier psychology, showing how his reception of other Greek philosophers shaped his own hylomorphic psychology and led him to adopt a novel dualist theory of the soul-body relation. His book will be important for students and scholars of Aristotle, ancient Greek psychology, and the history of the mind-body problem.

Naturally occurring DMT may produce prophecy-like states of consciousness and thus represent a bridge between biology and religious experience • Reveals the striking similarities between the visions of the Hebrew prophets and the DMT state described by Strassman's research volunteers • Explains how prophetic and psychedelic states may share biological mechanisms • Presents a new top-down "theoneurological" model of spiritual experience After completing his groundbreaking research chronicled in DMT: The Spirit Molecule, Rick Strassman was left with one fundamental question: What does it mean that DMT, a simple chemical naturally found in all of our bodies, instantaneously opens us to an interactive spirit world that feels more real than our own world? When his decades of clinical psychiatric research and Buddhist practice were unable to provide answers to this question, Strassman began searching for a more resonant spiritual model. He found that the visions of the Hebrew prophets--such as Ezekiel, Moses, Adam, and Daniel--were strikingly similar to those of the volunteers in his DMT studies. Carefully examining the concept of prophecy in the Hebrew Bible, he characterizes a "prophetic state of consciousness" and explains how it may share biological and metaphysical mechanisms with the DMT effect. Examining medieval commentaries on the Hebrew Bible, Strassman reveals how Jewish metaphysics provides a top-down model for both the prophetic and DMT states, a model he calls "theoneurology." Theoneurology bridges biology and spirituality by proposing that the Divine communicates with us using the brain, and DMT--whether naturally produced or ingested--is a critical factor in such visionary experience. This model provides a counterpoint to "neurotheology," which proposes that altered brain function simply generates the impression of a Divine-human encounter. Theoneurology addresses issues critical to the full flowering of the psychedelic drug experience. Perhaps even more important, it points the way to a renewal of classical prophetic consciousness, the soul of Hebrew Bible prophecy, as well as unexpected directions for the evolution of contemporary spiritual practice.

Readers will come to appreciate the strength and dignity of Berneta Ringer, a true Western heroine as Doig celebrates his mother's life after finding a cache of her letters, photographs, and childhood writings. It begins with her first winter living in a tent in Montana's Crazy Mountains

to the ravages of the Depression on a ranch on Falkner Creek.

The life of a human being is composed of several dynamics in permanent interaction. From these dynamic, results identity and material reality, but also the group of people who we interact with, the emotions involved in these interactions and the realization or not of dreams. In this work, it's intended to make known how all these dynamics function, explaining about the different elements and mechanisms inherent to the existence of a being, which interfere in structuring his soul. It is therefore important to know how the reality is transformed and how this process affects the composition of the identity. Written in an objective way, throughout the various chapters is presented the dynamic of spiritual energy, which interferes in the transformation of many aspects of life, how it operates according to the divine rules and how it can be developed to allow greater personal fulfillment. The concepts used here are part of a context far beyond the common usage that often assume, to unveil a more complete and pragmatic overview of the meaning of life. Following on the promotion of responsibility and self-knowledge, there is still a demonstration of principles that unite human action with the divine purpose, with the recognition of the spiritual flow that manifests at birth in the innate skills and determines the mission of each individual in the planet. Throughout the various chapters, these facts allow the awareness of the meaning of existence, while deconstructing complex subjects and enabling better assimilation of the link they assume between themselves. "Happiness is not related to the intensity, but with balance, order, rhythm and harmony" (Thomas Merton). The science of the soul goes far beyond what modern psychology could affirm or understand, and cuts across all areas of life and personalities, in any corner of the world, because to live in wisdom "the best and safest thing to do is to maintain balance in life, recognize the great powers around us and within us" (Euripides).

At last, science and the soul shake hands. Writing in a style that is both lucid and charming, mischievous and profound, Dr. Amit Goswami uses the language and concepts of quantum physics to explore and scientifically prove metaphysical theories of reincarnation and immortality. In *Physics of the Soul*, Goswami helps readers understand the perplexities of the quantum physics model of reality and the perennial beliefs of spiritual and religious traditions. He shows how they are not only compatible but also provide essential support for each other. The result is a deeply broadened, exciting, and enriched worldview that integrates mind and spirit into science. Includes a new preface. Science has always created problems for traditional ways of seeing things, but now the very attributes that make us human--free will, the permanence of personal identity, the existence of the soul--are threatened by the science of the mind. If the mind is the brain, and therefore a physical object subject to deterministic laws, how can we have free will? If most of our thoughts and impulses are unconscious, how can we be morally responsible for what we do? If brains and bodies undergo relentless change, how can our identities be constant? *The Problem of the Soul* shows the way out of these paradoxes. Framing the conflict in terms of two dominant visions of the mind--the "manifest image" of humanistic philosophy and theology, and the scientific image--Owen Flanagan demonstrates that there is common ground, and that we need not give up our ideas of moral responsibility and personal freedom in order to have an empirically sound view of the human mind. This is a profoundly relevant work of philosophy for the common reader.

Avicenna writes this short synopsis on the soul as a gift for a Prince. Written around the year 1000 C.E., Avicenna Describes the soul as an immaterial substance that is known through its powers. According to him, it is the human rational soul that survives the body after death and is eternal.

Deep inside the innermost recesses of the heart of every living being, there lies a conscious entity which is absolutely pure and Divine. This entity is indestructible, all-powerful and all-knowing. This entity is the true self of every living being. It transcends the body and the ever-changing nature of the individual mind. It is always one and the same and its nature is ever-new joy. This conscious entity is known as the individual soul. The experience of inner communion with the soul is realized through meditation on the inner light and sound. This science, the science of meditation, or the science of the soul, can be practiced by anyone irrespective of their religious and cultural background. This Turning Point book surveys the development of science and its historic and present relationship to Christianity, and re-introduces believers to their rich intellectual heritage.

Time and the Science of the Soul in Early Modern Philosophy traces the complex and productive connections established between time and the soul from late Aristotelianism to the natural and political philosophy of Thomas Hobbes and René Descartes.

Science in the Soul Selected Writings of a Passionate Rationalist

Traces the origins and development of psychoanalysis, from the Enlightenment through the twentieth century from a social, economic, and cultural perspective, assessing its influence on such concepts as that of a personal life distinct from the family, the American emphasis on the individual, anxiety, and the role of women, homosexuals, and ethnic minorities. Reprint. 12,500 first printing.

Science and the Soul: Christian Faith and Psychological Research is a series of reflections on how Christian belief relates to contemporary issues in psychological research. Many Christian psychology books are written by practitioners in the field who do not emphasize the importance of grounding claims in theory and research. A smaller number are highly academic volumes of interest to only a very narrow range of Christian academics. This book is designed for educated laity and students of psychology interested in how Christian beliefs relate to findings in psychological research. Each chapter covers an important component of psychological research, followed by at least one response/critique from another scholar.

The church in danger' : latitudinarians, socinians, and hobbists -- Animal spirits and living fibres -- Mortalists and materialists -- Journalism, exile, and clandestinity -- Mid-eighteenth-century materialism -- Epilogue: Some consequences

The Mystical Science of the Soul explores the unexamined influence of medieval discourses of science and spirituality on *recogimiento*, the unique Spanish genre of recollection mysticism that served as the driving force behind the principal developments in Golden Age mysticism. Building on recent research in medieval optics, physiology, and memory in relation to the devotional practices of the late Middle Ages, Jessica A. Boon probes the implications of an 'embodied soul' for the intellectual history of Spanish mysticism. Boon proposes a fundamental rereading of the key *recogimiento* text *Subida del Monte Si3n* (1535/1538), which melds the traditionally distinct spiritual techniques of moral self-examination, Passion meditation, and negative theology into one cognitively adept path towards mystical union. She is also the first English-language scholar to treat the author of this influential work -- the Renaissance physician Bernardino de Laredo, a pivotal figure in the transition from medieval to early modern spirituality on the Iberian peninsula and a source for Teresa of Avila's mystical language.

In *A Science for the Soul*, historian Corinna Treitel explores the appeal and significance of German occultism in all its varieties between the 1870s and the 1940s, locating its dynamism in the nation's struggle with modernization and the public's dissatisfaction with scientific materialism. Occultism, Treitel notes, served as a bridge between traditional religious beliefs and the values of an increasingly scientific, secular, and liberal society. Drawing on a wealth of archival materials, Treitel describes the individuals and groups who participated in the occult movement, reconstructs their organizational history, and examines the economic and social factors responsible for their success. Building on this foundation, Treitel turns to the question of how Germans used the occult in three realms of practice: Theosophy, where occult studies were used to achieve spiritual enlightenment the arts, where occult states of consciousness fueled the creative process of avant-garde painters, writers, and dancers and the applied sciences, where professionals in psychology, law enforcement, engineering, and medicine employed occult techniques to solve characteristic problems of modernity. In conclusion, Treitel considers the conflicting meanings occultism held for contemporaries by focusing on the anti-spiritualist campaigns mounted by the national press, the Protestant and Catholic Churches, local and national governments, and the Nazi regime, which after years of alternating between affinity and antipathy for occultism,

finally crushed the movement by 1945.

A "defense of science and clear thinking [in a] career-spanning collection of essays, including twenty pieces published in the United States for the first time"--Amazon.com.

A prismatic look at the meeting of Marie Curie and Albert Einstein and the impact these two pillars of science had on the world of physics, which was in turmoil. In 1911, some of the greatest minds in science convened at the First Solvay Conference in Physics, a meeting like no other. Almost half of the attendees had won or would go on to win the Nobel Prize. Over the course of those few days, these minds began to realize that classical physics was about to give way to quantum theory, a seismic shift in our history and how we understand not just our world, but the universe. At the center of this meeting were Marie Curie and a young Albert Einstein. In the years preceding, Curie had faced the death of her husband and soul mate, Pierre. She was on the cusp of being awarded her second Nobel Prize, but scandal erupted all around her when the French press revealed that she was having an affair with a fellow scientist, Paul Langevin. The subject of vicious misogynist and xenophobic attacks in the French press, Curie found herself in a storm that threatened her scientific legacy. Albert Einstein proved an supporter in her travails. They had an instant connection at Solvay. He was young and already showing flourishes of his enormous genius. Curie had been responsible for one of the greatest discoveries in modern science (radioactivity) but still faced resistance and scorn. Einstein recognized this grave injustice, and their mutual admiration and respect, borne out of this, their first meeting, would go on to serve them in their paths forward to making history. Curie and Einstein come alive as the complex people they were in the pages of *The Soul of Genius*. Utilizing never before seen correspondance and notes, Jeffrey Orens reveals the human side of these brilliant scientists, one who pushed boundaries and demanded equality in a man's world, no matter the cost, and the other, who was destined to become synonymous with genius.

Spiritual attainment has frequently been described as a transformation whereby a human's leaden, dull nature is returned to its golden state. This wonderfully insightful volume introduces some of the metaphors useful for establishing attitudes required for the soul's advancement: trust, confidence, hope, and detachment. It is a reminder that when any substance or entity undergoes dissolution, it must eventually be resolved or re-crystallized in a new, possibly higher and more noble form.

The *Science of the Soul* challenges long-standing notions of Puritan provincialism as antithetical to the Enlightenment. Sarah Rivett demonstrates that, instead, empiricism and natural philosophy combined with Puritanism to transform the scope of religious activity in colonial New England from the 1630s to the Great Awakening of the 1740s. In an unprecedented move, Puritan ministers from Thomas Shepard and John Eliot to Cotton Mather and Jonathan Edwards studied the human soul using the same systematic methods that philosophers applied to the study of nature. In particular, they considered the testimonies of tortured adolescent girls at the center of the Salem witch trials, Native American converts, and dying women as a source of material insight into the divine. Conversions and deathbed speeches were thus scrutinized for evidence of grace in a way that bridged the material and the spiritual, the visible and the invisible, the worldly and the divine. In this way, the "science of the soul" was as much a part of seventeenth- and eighteenth-century natural philosophy as it was part of post-Reformation theology. Rivett's account restores the unity of religion and science in the early modern world and highlights the role and importance of both to transatlantic circuits of knowledge formation.

The *Sciences of the Soul* is the first attempt to explain the development of the disciplinary conception of psychology from its appearance in the late sixteenth century to its redefinition at the end of the seventeenth and its emergence as an institutionalized field in the eighteenth. Fernando Vidal traces this development through university courses and textbooks, encyclopedias, and nonacademic books, as well as through various histories of psychology. Vidal reveals that psychology existed before the eighteenth century essentially as a "physics of the soul," and it belonged as much to natural philosophy as to Christian anthropology. It remained so until the eighteenth century, when the "science of the soul" became the "science of the mind." Vidal demonstrates that this Enlightenment refashioning took place within a Christian framework, and he explores how the preservation of the Christian idea of the soul was essential to the development of the science. Not only were most psychologists convinced that an empirical science of the soul was compatible with Christian faith; their perception that psychology preserved the soul also helped to elevate its rank as an empirical science. Broad-ranging and impeccably researched, this book will be of wide importance in the history and philosophy of psychology, the history of the human sciences more generally, and in the social and intellectual history of eighteenth-century Europe.

Most Americans believe they possess an immaterial soul that will survive the death of the body. In sharp contrast, the current scientific consensus rejects the traditional soul, although this conclusion is rarely discussed publicly. In this book, a cognitive scientist breaks the taboo and explains why modern science leads to this controversial conclusion. In doing so, the book reveals the truly astonishing scope and power of scientific inquiry, drawing on ideas from biology, psychology, neuroscience, philosophy, and the physical sciences. Much more than chronicling the demise of the traditional soul, the book explores where soul beliefs come from, why they are so widespread culturally and historically, how cognitive science offers a naturalistic alternative to religious conceptions of mind, and how postulating the existence of a soul amounts to making a scientific claim. Although the new scientific view of personhood departs radically from traditional religious conceptions, the author shows that a coherent, meaningful, and sensitive appreciation of what it means to be human remains intact. He argues that we do not lose anything by letting go of our soul beliefs and that we even have something to gain. Throughout, the book takes a passionate stand for science and reason. It also offers a timely rejoinder to recent claims that science supports the existence of the soul and the afterlife.

A scientist's claim that he's found the secrets of the universe's origin encoded in DNA sparks a race against time to uncover the truth in this fast-paced thriller of science and faith, power and murder, loss and redemption. Dan Lawson, a former government cyber-intelligence analyst, is surprised to be contacted by his estranged friend Stephen Bishop, a renowned geneticist. Stephen says that he's discovered amazing information within DNA, including evidence of a creator, and needs Dan's help to protect his findings. Dan is skeptical and wonders whether he is being manipulated, or if the recent illness of Stephen's only child, Ava, has caused his childhood friend to fall back on religion for answers to questions best left to science. Spurred by his desire for proof that life has meaning, however, Dan puts aside his doubts and agrees to help. When an experiment goes terribly awry, Dan realizes he must get to the bottom of Stephen's discoveries. With the help of Trish Alighieri, a pediatric oncologist trying to save Ava's life, Dan desperately searches for answers—including whether the human soul can survive science's conquest of nature.

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There are two entities that have dominated human thinking and faith from the dawn of civilization: God and the soul. Even though

they have been obsessively discussed for thousands of years, by countless people, including many of humanity's greatest geniuses, the number of people today who can actually answer the simple questions, "What is God made of?" and "What is the soul made of?" is vanishingly small. Well, can YOU give the answer? If you can't, isn't it time you started studying Soul Science? Provides an alternative view of human consciousness--a theory of mind and being independent of matter, time and space.

The East has been for centuries the holy, the sacred, the source of life. Not only does the sun rise in the East, so does a Gautam Buddha. This book offers a compilation of Osho's discourses on some of the enlightened Masters who were born in the East: Atisha, Baul mystics, Boddhidharma, the Buddha, Chuang Tze, Kabir, and others. The East has been for centuries, or perhaps forever, the holy, the sacred, the source of life. Not only does the sun rise in the East, so does a Gautam Buddha. The East has produced thousands of mystics. Just as the West has produced great

Numerous books have been published over the past few decades on the subject of the apparent similarities between Eastern philosophy and the ideas of the "New Physics." However, without exception, these writings have failed to address the real meaning of "As above, so below" that the macrocosm of the universe is mirrored in the microcosm of the human body, and that the archetypal patterns of structure on the causal and astral levels of reality have their lower reflections on the physical level of being. In *The Science of the Soul*, Geoffrey D. Falk corrects this significant oversight. Drawing equally from yogic, Buddhist, Christian and Taoist sources, Falk shows that it is only by considering the detailed structure of the cosmos and the microcosmos that we can understand both the unified message which the scriptures have tried to convey, and their precise relation to the physicists' understanding of the physical level of reality - in particular, the ideas of David Bohm and Itzhak Bentov. I endorse whole-heartedly the road you have traveled. Light is a - perhaps the - powerful entry point to Spirit, and you ring the changes on it well. It's a book I would like to have on my shelves to refer to. Huston Smith, Ph.D., author, *The World's Religions Combines ...* astutely some of the great wisdoms of the spiritual world with the emerging understanding of the physical universe. Dr. James Fadiman, Board of Editors, *The Journal of Transpersonal Psychology* As a heroic journey of the mind into the mysterious realm of consciousness and maya in a vehicle fitted with the wheels of modern science and powered by the engine of yoga, the book merits a close study. S. Srinivasachar, The Ramakrishna Institute

Robert Lanza is one of the most respected scientists in the world a US News and World Report cover story called him a genius and a renegade thinker, even likening him to Einstein. Lanza has teamed with Bob Berman, the most widely read astronomer in the world, to produce *Biocentrism*, a revolutionary new view of the universe. Every now and then a simple yet radical idea shakes the very foundations of knowledge. The startling discovery that the world was not flat challenged and ultimately changed the way people perceived themselves and their relationship with the world. For most humans of the 15th century, the notion of Earth as ball of rock was nonsense. The whole of Western, natural philosophy is undergoing a sea change again, increasingly being forced upon us by the experimental findings of quantum theory, and at the same time, toward doubt and uncertainty in the physical explanations of the universes genesis and structure. *Biocentrism* completes this shift in worldview, turning the planet upside down again with the revolutionary view that life creates the universe instead of the other way around. In this paradigm, life is not an accidental byproduct of the laws of physics. *Biocentrism* takes the reader on a seemingly improbable but ultimately inescapable journey through a foreign universe our own from the viewpoints of an acclaimed biologist and a leading astronomer. Switching perspective from physics to biology unlocks the cages in which Western science has unwittingly managed to confine itself. *Biocentrism* will shatter the readers ideas of life--time and space, and even death. At the same time it will release us from the dull worldview of life being merely the activity of an admixture of carbon and a few other elements; it suggests the exhilarating possibility that life is fundamentally immortal. The 21st century is predicted to be the Century of Biology, a shift from the previous century dominated by physics. It seems fitting, then, to begin the century by turning the universe outside-in and unifying the foundations of science with a simple idea discovered by one of the leading life-scientists of our age. *Biocentrism* awakens in readers a new sense of possibility, and is full of so many shocking new perspectives that the reader will never see reality the same way again.

Personal genome testing, gene editing for life-threatening diseases, synthetic life: once the stuff of science fiction, twentieth- and twenty-first-century advancements blur the lines between scientific narrative and scientific fact. This examination of bioengineering in popular and literary culture shows that the influence of science on science fiction is more reciprocal than we might expect. Looking closely at the work of Margaret Atwood, Richard Powers, and other authors, as well as at film, comics, and serial television such as *Orphan Black*, *Everett Hamner* shows how the genome age is transforming both the most commercial and the most sophisticated stories we tell about the core of human personhood. As sublime technologies garner public awareness beyond the genre fiction shelves, they inspire new literary categories like "slipstream" and shape new definitions of the human, the animal, the natural, and the artificial. In turn, what we learn of bioengineering via popular and literary culture prepares the way for its official adoption or restriction—and for additional representations. By imagining the connections between emergent gene testing and editing capacities and long-standing conversations about freedom and determinism, these stories help build a cultural zeitgeist with a sharper, more balanced vision of predisposed agency. A compelling exploration of the interrelationships among science, popular culture, and self, *Editing the Soul* sheds vital light on what the genome age means to us, and what's to come.

In *Yoga: The Science of the Soul*, one of the greatest spiritual teachers of the twentieth century presents the history and philosophy of this timeless health practice. Much of what is known as yoga today emphasizes physical postures and exercises to increase flexibility and help relaxation. But in fact, yoga has its roots in centuries of rigorous investigation and research in the East to develop an understanding of human consciousness and its potential. In *Yoga*, Osho explains the meaning of some of the most important Yoga Sutras of Patanjali, an early "scientist of the soul" who is credited with being the father of Raja Yoga, or the "royal path" of yoga that uses physical postures and breath primarily as a means to achieve higher states of consciousness. With a fresh translation of these ancient texts, and unique Osho insights into the modern mind and its psychology, Patanjali comes to life on the pages with an approach to using yoga for greater self-understanding that is absolutely relevant to our times. An invaluable resource for beginning or experienced yoga practitioners, and for anyone who seeks to better understand the intricate and powerful relationship that exists between body and mind. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the "1000 Makers of the 20th Century" and by Sunday Mid-Day (India) as one of the ten people—along with Gandhi, Nehru, and Buddha—who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

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