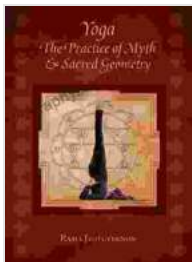


Yoga: The Practice of Myth, Sacred Geometry & the Unfolding of Consciousness

Yoga is an ancient practice that originated in India over 5,000 years ago. It is a holistic system that encompasses physical postures (asanas), breathing exercises (pranayama), meditation, and ethical guidelines (yamas and niyamas). Yoga is designed to help us achieve physical, mental, and spiritual well-being.



Yoga: The Practice of Myth & Sacred Geometry

by Rama Jyoti Vernon

★★★★☆ 4.7 out of 5

Language : English
File size : 5268 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 264 pages



In recent years, there has been a growing interest in the deeper philosophical and spiritual dimensions of yoga. This has led to a resurgence of interest in the ancient texts of yoga, such as the Bhagavad Gita, the Yoga Sutras of Patanjali, and the Upanishads.

These texts reveal that yoga is not just a system of physical exercises. It is a profound spiritual path that can lead to self-realization and liberation.

Yoga is a practice of myth, sacred geometry, and the unfolding of consciousness.

Myth

Myth is a powerful tool for understanding the human condition. It can help us to make sense of our lives and to find our place in the world. Yoga is full of myths that tell the stories of gods and goddesses, heroes and demons, and the creation and destruction of the universe.

These myths are not just stories. They are encoded with deep truths about the nature of reality and the human experience. By studying yoga myths, we can gain insights into our own lives and into the nature of the universe.

Sacred Geometry

Sacred geometry is the study of the geometric patterns that are found in nature and in the universe. These patterns are often found in sacred architecture, art, and music. Yoga is full of sacred geometry, from the shape of the human body to the patterns of the breath.

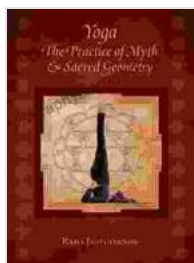
Sacred geometry can help us to connect with the divine. By studying sacred geometry, we can learn about the underlying Free Download and harmony of the universe. This can help us to feel more connected to the world around us and to our own place in it.

The Unfolding of Consciousness

Yoga is a practice of the unfolding of consciousness. It is a practice that helps us to become more aware of ourselves, our surroundings, and the nature of reality. Yoga can help us to awaken our inner potential and to realize our true nature.

The unfolding of consciousness is a lifelong journey. It is a journey that is full of challenges and rewards. Yoga can help us to navigate this journey and to realize our full potential.

Yoga is a powerful practice that can help us to achieve physical, mental, and spiritual well-being. It is a practice that is rooted in myth, sacred geometry, and the unfolding of consciousness. By practicing yoga, we can connect with our inner selves, with the divine, and with the universe around us.



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