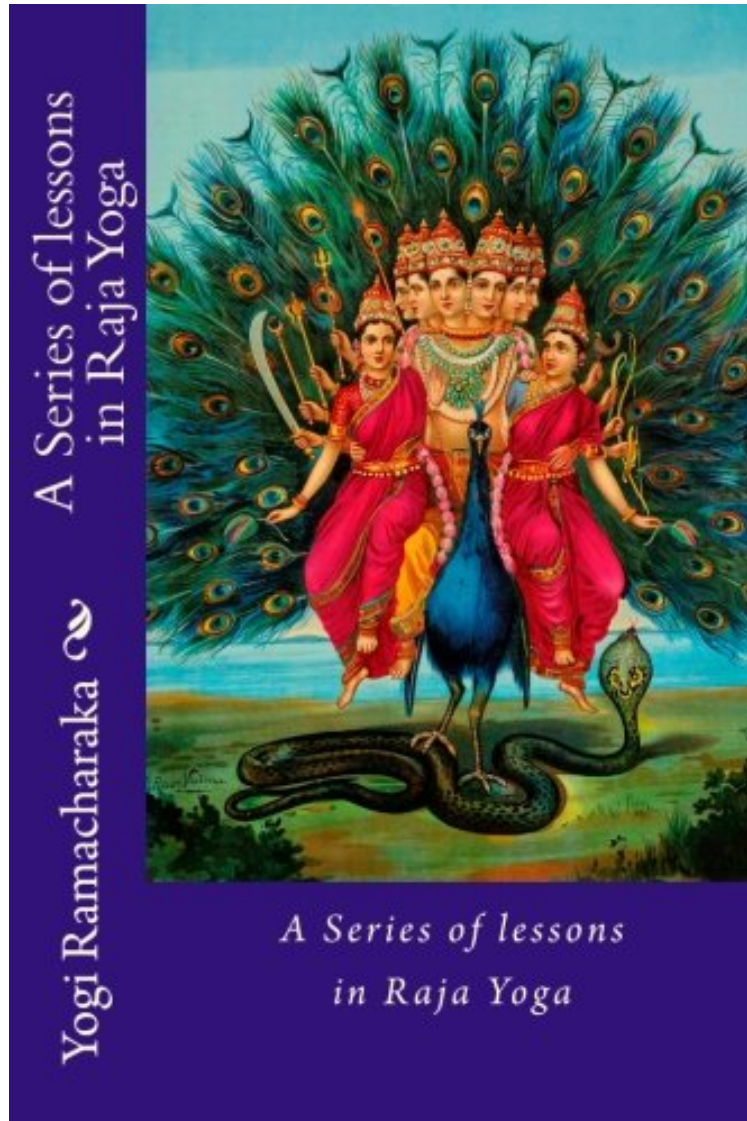


[PDF] A Series of lessons in Raja Yoga

## A Series of lessons in Raja Yoga

*Yogi Ramacharaka, William Walker Atkinson*  
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**Yogi Ramacharaka, William Walker Atkinson : A Series of lessons in Raja Yoga** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Series of lessons in Raja Yoga:

3 of 3 people found the following review helpful. Excellent Interpretation of the Philosophy of Raja Yoga By Phil Calandra This is the 3rd book that I have read from William Walter Atkinson. As in his other books, the author presents his views in a very unique, informative and compelling manner. In his discussion of Raja Yoga, the author states that we are the extension of the "Absolute" but are not the "Absolute" as expounded in some yoga schools. In other words, we are not "God" and the Universe is not a trick or fragment of our imagination; however, the "Supreme

Intelligence", the "Absolute", has manifested itself in relativity, namely in different forms of life including Man. Atkinson further explains that Man is the Spark of God, a real Being, who is a Manifestation and Child of the "Absolute". In discussing Raja Yoga, the author delves into different aspects of the mind, consciousness, subconsciousness, mental control, amongst other topics, and incorporates examples and the use of mental drills to make the subject more understandable in a practical sense. I would highly recommend this book. 2 of 2 people found the following review helpful. Highly Recommended By Sergio Contreras I have been practicing Hatha as well as Raja Yoga for the last 50 plus years. I have read all sorts of authors. The problem with Indian authors generally is their language, which is very difficult to follow. It took me many years and reading many books for them to start making any sense. Yogi Ramacharaka seems to have been an American lawyer, editor and writer who used this name as a pseudonym. Or so goes the history. I tend to believe this story as the language used by Ramacharaka is attuned to, and reads as if it was written by an Occidental. Thanks to this book I was able to complete deciphering other books. They all agree in the main. I would recommend this book to anybody who is really interested in these matters. He or she may need other books as well. 0 of 0 people found the following review helpful. LIMITED IN SPIRITUALITY By Govinda108 Not classical Raja yog, or Ashtanga Yoga, but one articulative man's inventive interpretation of it. The book should have been named MIND CONTROL, period. It does not deal with the higher or kingly spiritual experiences of yoga .

A series of lessons in Raja Yoga by Yogi Ramacharaka (a.k.a. William Walker Atkinson) is an insightful and well written work exploring spirituality, mind and body. It will enhance your spiritual understandings of life by introducing you to the deep wisdom of Indian philosophy. It is a wonderful book, and one which will enrich your life and help you in your quest for self-realisation. All profits from the sale of this book will go towards the Freeriver Community project, a project that aims to promote peace and harmony in the world through spiritual connection, art, music, veganism and the cultivation of peace, both inner and outer. To learn more about the Freeriver community project please visit the website; [www.freerivercommunity.com](http://www.freerivercommunity.com) Cover art by Raja Ravi Varma (1848-1906)

From the Publisher Kessinger Publishing reprints over 1,500 similar titles all available through .com. From the Back Cover Followers of the early-20th-century "New Age" philosophy of New Thought believed they could learn the secrets of mind over matter, and one of their most influential teachers--enormously popular writer and editor William Walker Atkinson, writing pseudonymously here--revealed to them, in this 1906 work, the teachings of Raja Yoga. His lessons cover: \* the ego's mental tools \* the expansion of the self \* mental control \* the cultivation of attention \* the cultivation of perception \* subconscious character building \* and much more. See also Series of Lessons in Gnani Yoga, also available from Cosimo. About the Author William Walker Atkinson was one of the early twentieth century's most prolific New Thought advocates. He is believed to be the author of several New Thought books which, in part, work to introduce Western readers to Eastern ideas about the topic spirituality. During the course of his writing career, Atkinson wrote under several pen names including Yogi Ramacharaka, "Swami Bhakta Vishita" and Swami Panchadasi.