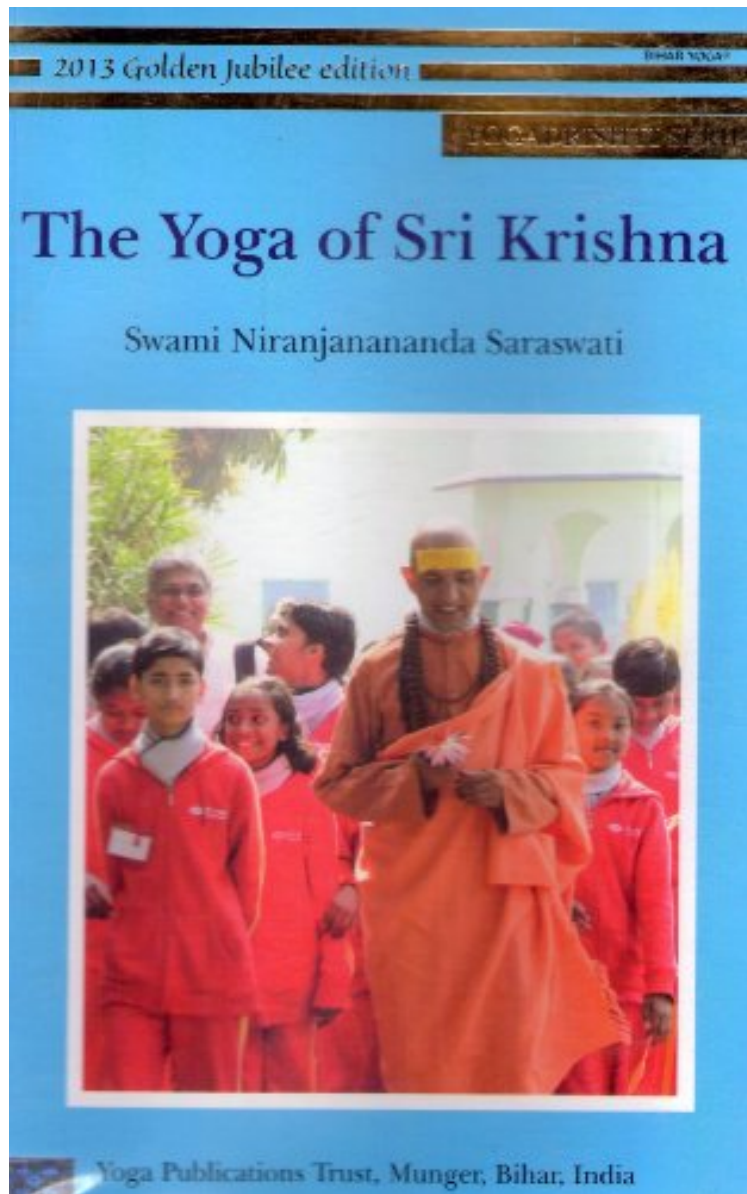


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The Yoga Of Sri Krishna

Swami Niranjanananda Saraswati
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Swami Niranjanananda Saraswati : The Yoga Of Sri Krishna before purchasing it in order to gage whether or not it would be worth my time, and all praised The Yoga Of Sri Krishna:

7 of 7 people found the following review helpful. A Fresh Interpretation of the GitaBy The Peripatetic ReaderThe Bijar School of Yoga is an interesting mix of Tantra, Hatha Yoga, and conventional Vedic thought. Its publications are an enlightening interpretation of Vedic spiritual and philosophic topics, and this interpretation of the Gita is no exception.Swamiji Niranjananda interprets out the box and declares that the Gita is not a philosophical tract nor a

spiritual scripture. Instead, it consists of a series of teachings on the resolution of situation management. Those teachings center on the despair and dilemma faced by Arjuna, confronted with the aspect of killing his relatives and brothers in the major battle of the Mahabhrata War. Arjuna's choice is central to how one is to view the Gita. The Swamiji's interpretation does not as Abhinavagpta consider Arjuna's dilemma as a symbolic battle with evil nor interprets it as Sri Aurobindo as part of the individual's nature, but goes one step further to interpret Arjuna's choice as a crisis in dharma. The Swamiji's interpretation is new and fresh because it discusses the Gita in terms of dharma combined with those teachings which coincide with Kriya practices. The Gita, the Swamiji notes, is a tract about dharma, how to accept, maintain, and sustain one's dharma. The Swamiji incorporates the yogic techniques contained in the Gita itself and those which are a part of the Kriya yoga practiced in the Bihar School, such as alternate nasal breathing, nose gazing and concentration on the middle of the eyebrows. The book itself consists of two satsangs about the Gita and dharma. Satsangs are the rough equivalent to homilies in the Christian traditions. The book is not long and can be read comfortably in one sitting, but it is packed with information and knowledge. Highly recommended. 1 of 1 people found the following review helpful. The Gita for breakfast By Elizabeth R. Walter This short book gives an overall analysis of the Bhagavad Gita for modern readers and seekers. Short enough to get through in one or two sittings, it gets right to the heart of the teachings. Highly recommend ANY book from the Bihar School. Swami Niranjan is probably the best teacher/communicator I have ever encountered. 0 of 0 people found the following review helpful. Five Stars By Magyar Love this little book. Practical information for everyday life. Highly recommend.

The Bhagavad Gita is not a religious book or a treatise on philosophy. It is a work which dispels doubts about the dharma that one has to live in life. According to the founding thoughts of the Bhagavad Gita, the process of managing life and the cultivation of better qualities, dharma and the journey of life and focus of an individual Yoga is the medium through which one is able to complete this journey. The Yogadrishti (Yogavision) series of satsangs consists of discourses given by Swami Biranjananda Saraswati in Munger as part of the new phase of sannyasa life that he has embarked upon since 2009. The Yoga of Sri Krishna was the theme of the satsangs Swamiji gave in February 2012 at Munger. Swamiji elucidates the yogic practices that Sri Krishna taught Arjuna on the battlefield. He explains how these simple practices cultivate understanding and awareness, and are methods of managing the different situations one encounters daily. Swamiji provides a fresh new perspective on the understanding of the Bhagavad Gita, as he enumerates the yogic sadhanas that lie hidden within the text and offers practical steps for the development of courage, peace and focus in negotiating life's challenges.