Contents

Preface (*v*)

1. Introduction **1**

- Meaning and Purpose of the Yoga Sutras; Pre Patanjali Period; Yama; Asana; Post Patanjali Period; Theism of Patanjali Sutra; Samadhi Pada I: Contemplation and Meditation

2. The Principles of Yoga **29**

- Bhakti Yoga; Jnana Yoga; Choosing a Path; Yoga, Hinduism, and Personality; Mantra Yoga; The Meaning or Meaninglessness of Mantras; Karma Yoga; Karma-Yoga, The Yoga of Action; Karma, Reincarnation and Maya

3. Philosophical Foundation of Patanjali's Yoga Sutra **53**

- Yoga Sutras of Patanjali; Samadhi; Samadhi, a Description; Hatha Yoga Pradipika; Dharana; Dhyana; Patanjali's Conception of the Mind in Yoga

4. Bhakti Yoga and Devotion **85**

- Para Bhakti; Bhakti Yoga Sadhana; Bhakti – Up Close and Personal; Ishta – The Chosen Ideal; Different Kinds of Bhakti; Samadhi Yoga: The Ultimate Yoga

5. Psychological Benefits of Yoga **111**

- Yoga Psychology: A Re-emerging Field; The Psychology of Knowing; Psychological preparation of athlete; Physiological Basis of Yoga; Muscles and Physical Fitness; Psychological Growth and Yoga; Yoga psychology as an applied science; Yoga and its relation to positive psychology; Yoga and

SAMPLE

Cardiopulmonary Conditions; Yoga and Metabolic/ Endocrine Conditions; Yoga and Musculoskeletal Conditions

6. Practice of Om Mantra Meditation **139**

- The Object of Meditation ; Meditation Technique of 'OM'; Further Instructions On Meditation In Bhagavad-gita; Philosophy of Yoga, Meditation and Japa Sadhana; Daily Meditation; Process of The Meditation

7. Classical Yoga **175**

- The True Meaning of Yoga; Yoga: Classical and Contemporary Perspective; The Eight-fold Path of Patanjali; Bhagavad Gita; Karma Yoga ; Yoga Vasistha

8. Yoga and Vedanta **211**

- Yoga; Understanding in the Light of Vedanta; Light of Vedanta; Vedic Yoga, the Oldest Form of Yoga; Vedic Yoga; Tantra and Vedanta; Tantric Attitude; Panaceas of Stress

9. The Yoga Darshanas in Hindu Philosophy **245**

- Yoga Darshana; Nyâya Darshana; Vaiseshika Darhsana; Sâmkhya Darshana; Dvaita Concept in Commonalities of the Famous Commentaries; Yoga Philosophy - Guidelines for Life; Yamas (Moral Disciplines and Restraints); Niyamas (Disciplines of Self-restraint and Personal Observances)

10. Ashtanga Yoga : Origins, Theory and Patanjali **269**

- Ashtanga Yoga – The eight limbs; Ashtanga Yoga – The 'Classic' Yoga; The Logic of the Ashtanga Yoga Asana System; The Evolution of Ashtanga Yoga; The Change; Tradition vs Exploration; Some Deficiencies in the Ashtanga Method

Bibliography **289**

Index **291**

SAMPLE