

mantra sahita pdf

A concise introduction to the practice of Mantra meditation. This article was excerpted from the book Japa Yoga.. Japa Yoga. By . Sri Swami Sivananda

Japa Yoga - The Divine Life Society

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De beoefening van pranayama is volgens vooraanstaande yogi's even belangrijk als de beoefening van asana's (yogahoudingen) en is uitvoerig beschreven door Patanjali in zijn Yogasoetra's, omstreeks de 2e eeuw v.Chr. In dit klassieke document beschreef hij de acht geledingen van de yoga als onderdeel van de raja yoga, ook wel de yoga van de koninklijke weg, waarvan pranayama de vierde en asana ...

Pranayama - Wikipedia

Ganesha is a popular figure in Indian art. Unlike those of some deities, representations of Ganesha show wide variations and distinct patterns changing over time. He may be portrayed standing, dancing, heroically taking action against demons, playing with his family as a boy, or sitting down on an elevated seat, or engaging in a range of contemporary situations.

Ganesha - Wikipedia

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Hatha yoga is a branch of yoga. The word haá¹-ha literally means "force" and thus alludes to a system of physical techniques.: 770: 527 In India hatha yoga is associated in popular tradition with the 'Yogis' of the Natha Sampradaya through its mythical founder Matsyendranath. Matsyendranath, also known as Minanath or Minapa in Tibet, is celebrated as a saint in both Buddhist and Hindu tantric ...

Hatha yoga - Wikipedia

OM SUKSER KALIMAH SWAHA . KALI. La dea nera compare per la prima volta nel Devi Mahatmya o Durga Saptasati dal Marcandeya Purana. La devozione a Kali, la dea che piÃ¹ esprime l'archetipo della grande madre, ha il suo fulcro nel tantrismo. La sua forma cosÃ¬ terrifica simboleggia la potenza, la forza, il bene che sconfigge il male, Ã¨ la manifestazione della potenza divina.

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