



Esoteric Teaching in Raja Yoga Self Realization

By Yogi Ramacharaka

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Paperback. 134 pages. Dimensions: 10.0in. x 7.0in. x 0.3in. Raja Yoga encompasses the teachings of all the different paths. Raja Yoga concerns itself with three dimensions or realms: the physical, the mental and the spiritual. Through practicing Raja Yoga methods, one achieves mastery of all three realms and is thus led to the full realization of the Self. The teachings of Raja Yoga go back many thousands of years, and little is known of their origin. They are considered to be Revealed Teachings of Divine Origin. The sage Patanjali, who lived somewhere between 200 BCE and the 4th century CE, systemized and codified these teachings into 196 Sutras or aphorisms which were made as brief as possible to facilitate their memorization and oral transmission. The first commentaries on the Sutras date from the 4th century CE This item ships from La Vergne, TN. Paperback.



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