



Yoga (Italian Edition)

Ernest Wood

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Lo yoga è qualcosa che va fatto; i suoi benefici invece non sono qualcosa da fare, ma qualcosa da prendere. I suoi maestri seguono il sistema del giardiniere, che fornisce alla pianta terreno, acqua e luce solare, ma le lascia il suo potere vitale; non quello dei costruttori e degli scultori, che aggiungono o tolgono materiale. I nostri scienziati moderni sanno che l'era della selezione naturale è terminata e che gli uomini debbono ricercare in se stessi, non nel loro materiale, la direzione e l'impulso necessario per il loro futuro progresso.

Indice dei Contenuti

Introduzione

1. Il perché e il come dello yoga
2. L'obiettivo dello yoga
3. L'etica e la moralità dello yoga
4. Yoga e intelletto
5. Le pratiche respiratorie dello yoga
6. Le posizioni dello yoga
7. Controllo dei sensi, purificazioni ed altre pratiche del genere
8. Il latente potere corporale dello yoga
9. Il viaggio e l'obiettivo del potere latente
10. Yoga e vitalità
11. L'uso dei suoni nella pratica yoga
12. Lo yoga del Bhagavad Gita
13. La filosofia basilare dello yoga

Dizionarietto delle parole sanscrite usate in questo libro

Appendice

Bibliografia

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