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# Jivanmukta Gita

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**LYNN ROWAN**

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Culture India Ancient Kriya Yoga Mission “Sri Vidya begins where the current understanding of quantum physics ends,” say modern-day scholars about this little-known, highly esoteric spiritual tradition that has been carefully kept under wraps by its secretive and serious practitioners. The study of Sri Vidya is fascinating as much as it is frustrating because information about its various aspects is exceptionally hard to find. Tantra, Mantra and Yantra of Sri Vidya is an endeavor to explore the Sri Vidya tradition and understand it as the unfolding of Shakti,

the inherent power which lies at the core of our being and holds the key to our worldly and spiritual success. Sri Vidya practice comprises tantra (a technique or framework for worship) whose two main elements are mantra (sacred sound) and yantra (sacred geometry). Tantra can be described in simple terms as the utilization of the mental faculty to pursue the objectives of worship using mantra and yantra. Mantra is the use of sound energy to bring about oneness with the Divine while yantra is a geometric drawing that serves as a tool to reach the Divine. The book delves into concepts such as Sankhya, Yoga, Karma and Kundalini in order to establish the context of how Sri Vidya is to be approached, combining elements of knowledge, devotion and

ritual. The author has kept in mind the sensibilities of the modern spiritual seeker and their needs and interests, presenting the information in a non-dogmatic and practical manner, thereby allowing everyone an opportunity to learn and experience the benefits of Sri Vidya. This is the third book by the author in the Spirituality Series. The first book was about the Sri Chakra Yantra and the second book had Chakras as its subject. *Paths to Transcendence* SRI MA TRUST The long-awaited, complete guide to the popular, vigorous American method of yoga that is deeply rooted in ancient wisdom and scriptures “In this day and age of health and fitness trends, it is assuring to know that Sharon and David encourage their students to draw

inspiration from the classical texts of Yoga and timeless scriptural sources. ”—Sri Swami Satchidananda Creators of the extremely popular Jivamukti Yoga method and cofounders of the New York City studios where it is taught, Sharon Gannon and David Life present their unique style of yoga for the first time in book form. As they explain their intensely physical and spiritual system of flowing postures, they provide inspiring expert instruction to guide you in your practice. Unlike many books about yoga, Jivamukti Yoga focuses not only on the physical postures but also on how they evolved—the origins of the practices in yoga’s ancient sacred texts and five-thousand-year-old traditions—the psychotherapeutic benefits that accrue with a steady practice, and the spiritual power that is set free when energy flows throughout the mind and body. Jivamukti Yoga, which means “soul liberation,” guides your body and soul into spiritual freedom, physical strength, peace of mind, better health, and Self-realization—the ultimate goal of any practice. Gannon and Life help you understand each of the practices that comprise the yoga path to enlightenment: AHIMSA–The Way of

Compassion: choosing nonviolence, respecting all life, practicing vegetarianism, living free of prejudice ASANA–The Way of Connection to the Earth: postures and sequences, breathing, transforming energy, understanding the bandhas KARMA–The Way of Action: creating good karma, giving thanks NADAM–The Way of Sacred Music: appreciating the sacred sounds of yoga MEDITATION–The Way of the Witness: how to sit still and move inward BHAKTI–The Way of Devotion to God: living with love, grace, and peace Whatever yoga you practice, Jivamukti Yoga will help you to strengthen and deepen that practice and lead you onto a path of spiritual clarity and self-discovery. “If there is only one book you read about the practice of Yoga, this should be the one. . . . This book is for anyone who wishes to find transformation through Yoga. I’m grateful for their work and teaching.”—Stephan Rechtschaffen, MD, Co-founder & CEO, Omega Institute **Astavakragita** State University of New York Press This book explores the dynamics of interaction between pragmatism and spirituality in the constitution and working

of consciousness, freedom and solidarity. This book is cross-cultural and transdisciplinary in nature and brings critical and transformative perspectives from different philosophical and spiritual traditions of the world. It discusses the works of seminal thinkers such as William James, Rudolf Steiner, John Dewey, Swami Vivekananda, Martin Heidegger, Claude Levi-Strauss, Jordan Peterson, Slavos Zizek, Paul Valeri and O.V. Vijayan. It also explores dialogues between pragmatism and other philosophical and intellectual traditions such as Semiotics, Saiva Siddhanta, Vedanta, Trika Shaivism and Tantra. It explores themes such as pragmatism and belief, evolution of consciousness and happiness, spiritual pragmatism and economics of solidarity, value levels democracy, the performative as an aspect of spirituality and transformation of political theology from Kingdom of God to Gardens of God. **Sarvagita Sara** Springer Nature This is a scriptural commentary of Lahiri Mahasaya on Kabir Gita in the Light of Kriya in which is a conversation between Lord Dattatreya and Saint Kabir. In the dialogue, Dattatreya asked Kabir the

following six questions regarding the eleven subjects : Mind, Breath, Sound, Prana (life Force), Brahma (the ultimate Self), Hang Sa (Eternity), Time, Void, Jiva (individuality), Siva (Tranquility) and Niranjana (Unmanifestation): What is mind ? Where does mind exist ? In the absence of heart, where does mind reside ? What is the essence of mind ? From where does mind spring ? How is mind dissolved ?

### **Living Liberation in Hindu Thought**

Lulu Press, Inc

Anthology of didactic verses culled from Hindu religious scriptures.

Faiths, Fairs & Festivals of India State University of New York Press

Astavakragita (The Song of the Self Supreme) contains the Sanskrit text of Astavakragita (both in Nagari and Roman script), its English translation, Exegesis and Glossarial Index. It presents in twenty chapters the substance of Astavakra's teaching in respect of the Cosmic Self in the form of his dialogue with Janaka, the seer-king of Videha. The teaching is based on the Upanisadic creed of Absolute monism (Advaitavada) that identifies the Self with the non-dual Ultimate Reality. But the contribution of Astavakra is also

immense, for he has introduced the element of emotional experience or the mystical feeling as the means for realizing the non-dual nature of the Self. Written in a lucid style and dealing systematically with the subject matter, the book will hold a unique position among the contemplative classics of the world.

*Jivanmukti in Transformation* Notion Press  
Compares and shares insights into the Transcendent Absolute from the spiritual perspectives of three key historical religious figures in Hinduism, Islam, and Christianity, in a reference that focuses on a theme of transcendence and explains a spiritual vision that underlies all religions. Original.

Jivamukti Yoga SUNY Press

Presents the multi-faceted Hindu deity Dattatreya from his Puranic emergence to modern times. This book presents the multi-faceted Hindu deity Dattatreya from his Puranic emergence up to modern times. Dattatreya's Brahmanical portrayal, as well as his even more archaic characterization as a Tantric antinomian figure, combines both Vaisnava Saiva motifs. Over the course of time, Dattatreya has come to embody the roles

of the immortal guru, yogin and avatara in a paradigmatic manner. From the sixteenth century Dattatreya's glorious characterization emerged as the incarnation of the trimurti of Brahma, Visnu, and Siva. Although Maharashtra is the heartland of Dattatreya devotion, his presence is attested to throughout India and extends beyond the boundaries of Hinduism, being met with in Sufi circles and even in Buddhism and Jainism via Nathism. The scarce attention which most Western scholars of Indian religions have paid to this deity contrasts with its ubiquitousness and social permeability. Devotion to Dattatreya cuts through all social and religious strata of Indian society: among his adepts we find yogis, Brahmans, faqirs, Devi worshippers, untouchables, thieves, and prostitutes. This book explores all primary religious dimensions: myth, doctrine, ritual, philosophy, mysticism, and iconography. The comprehensive result offers a rich fresco of Hindu religion as well as an understanding of Marathi integrative spirituality: precisely this complexity of themes constitutes Dattatreya's uniqueness. "I learned a great deal from

this book. Although I had known about Dattatreya as an important figure in Hinduism, I had never realized the richness and complexity of this truly Protean deity. As Rigopoulos notes, Dattatreya has been largely neglected by scholars, and this book makes you wonder why, since he is so intriguing. I suspect that this will become a classic in its area, since there really is no comparable work which does so much relating to Dattatreya. In a way, to read the history of Dattatreya as presented by Rigopoulos is to engage the history of Hinduism! Virtually all of the major historical phases and issues are there, from the Vedic period up to the last decade." -- Glen Hayes, Bloomfield College  
*Sri Ramanavami Celebration: Souvenir*  
 World Wisdom, Inc  
 This is a collection of careful, objective, historically sensitive studies of modern commentators on the Bhagavadgita, one of the basic scriptures of Hinduism, and one which has been widely read in the modern West. Experts on modern Indian religious thought show how Ghandi, Vivekananda, Radhakrishnan, Bhaktivedanta, Aurobindo, Tilak, Bhava,

Sivananda, the Theosophists, and Bhankim read, used and interpreted the Gita. Collectively, the essays display the different backgrounds and orientations of the major Indian thinkers of our time. An Introduction and a Conclusion provide a perspective on the thinkers and identify common themes which are part of modern emphases.

**The wisdom of sri dattatreya** Diamond Pocket Books (P) Ltd.  
 The book, *Symphony of Philosophy & Education in Bhagavad Gita*, presents how the flows of the sublime philosophical thoughts and practical instructions merge themselves in the Bhagavad Gita. The philosophical and educational aspects are blended to create a symphony. It shows how the inner harmony and the outer world combine to create a great symphony in life. The book presents the Bhagavad Gita as a practical treatise on the educational system. Thus, it is relevant for the teachers, the trainers, the educationists, the policymakers, etc. It provides them a fresh perspective on how education can be scientifically imparted with core human values as demonstrated in the Bhagavad Gita. It may help spread

the messages of the Bhagavad Gita through structured educational techniques through the widespread labyrinth of the schools, colleges and educational institutions – the arms of our educational system. Of course, the common readers and the public at large would see the Bhagavad Gita in a new light.

Holidays Around the World, 6th Ed. Motilal Banarsidass

It is quite natural to find similarity in the religious insights (darsan) of Hebrews and Aryans on fundamental concepts. Scriptures are many; but God is One. In Scriptures we find the essence of the search for God. Man's search for God need not be without mistakes. Because man is a being with limitations. The fulfilment of man's search for God is divine revelation. "What can be known about God is plain to them because God has shown it to them" (Rom. 1:19). This divine revelation is beyond religions. And without such revelation, religions are incomplete. But religious insight and divine revelation are two separate things; not the same. Both need to be unified. When man's thoughts and perceptions are surrendered to divine revelation, this unification is

complete. Dr. Koshy Abraham, through his book 'Christ in Ancient Indian Thought' that showed the essence of the Vedas, has given a fresh lease of life to the comparative studies of different religious scriptures to find their similarity. His studies have literally produced a healthy excitement among the enlightened readers. Generally, the Vedic scholars also agree with Dr. Koshy's ideas. In any case, it is an undeniable fact that Dr. Koshy has brought about a movement in the sphere of religious studies. His works have to be read with concentration. And only those who have fairly good knowledge of the Veda, can comprehend the truth evident in his books.

**Astavakra Gita** Infobase Holdings, Inc Swami Nityatmananda lived in the company of Sri M. for a long time, maintained a diary and elaborated it in sixteen parts of Sri Ma Darshan. The book is also available in English under the title 'M., the Apostle & the Evangelist.' All the sixteen parts are available in Bengali too. It is a continuation of the Kathamrita. This work is the result of twenty years of hard and incessant work and tapasya, on the banks of the Ganga in Rishikesh, in the

Himalayas. In this series of 16 volumes the reader is brought in close touch with the life and teachings of Sri Ramakrishna family: Thakur, Swamiji, Holy Mother, M., Swami Shivananda, Swami Abhedananda and others. And there is the elucidation according to Sri Ramakrishna's line of thought, of the Upanishads, the Gita, the Bible, Guru Granth Sahib, the Holy Quran and other scriptures. The third specialty of this work is the commentary on the Gospel of Sri Ramakrishna by the author himself. Says Swami Shraddhananda, "One wonders at the unusual capacity of Swami Nityatmananda in recording these day to day conversations of this Vyasadeva of our time - M. - and later developing his notes into his masterly work. One cannot fail to discover the special training he received from Sri M. himself in this direction while he was serving as a teacher in M.'s school and living with him for years." When he read it, Swami Jagadananda remarked, "The author has presented M.'s words lifelike. After reading his Kathamrita, a study of this book will throw new light on the Kathamrita. There is no doubt about it." The great American and senior sadhu, Swami Atulananda, wrote, "This book may

serve a double purpose. To those who are acquainted with M.'s Kathamrita, it may be welcome as a companion volume, and to those not yet acquainted with the Kathamrita, it may arouse a desire to make that acquaintance. For this book, which is a record of M.'s talks with his admirers about his reminiscences, not only reveals new facts about the life of Sri Ramakrishna, but throws new light on that wonderful life." Swami Virajananda, the late President of Sri Ramakrishna Math and Mission, heard the manuscript read to him by his Secretary when he visited Dehradun for the last time, and he was delighted to hear it. He told to the author, "What a wonderful thing you have written! Why didn't you show it to me earlier? Never mind, now go and finish the writing. Human life is so uncertain. If you complete the writing itself, publication can be taken up by others... Ah! The move is as dramatic as the subject is sublime...'  
Fasts and Festivals of India Sura Books  
 This book is about the state of embodied perfection often called enlightenment, self-realization, or liberation. It examines the types, degrees, and stages of liberation that are possible, with and

without a body.

M., the Apostle & the Evangelist - Volume 11 Notion Press

Offers an overview of the time-keeping and holiday traditions of the world's major religions.

*Prabuddha Bharata* Lotus Press

Swami Vivekananda's views on the Bhagavad Gita are scattered throughout 'The Complete Works of Swami Vivekananda' published in nine volumes. The present book, published by Advaita Ashrama, a publication branch of Ramakrishna Math, Belur Math, is an extensive compilation of these insightful views of Swami Vivekananda on this sacred scripture of the Hindus. The reader is, as it were, taken through several verses of the Gita along with the Swami's elevating and soul-stirring commentary. Note: This book has embedded fonts to display the verses in Devanagari. You may have to use the 'Original' Font option in Google Play Books app. "... The book is certainly not a commentary on the Gita, in the traditional sense. But, what is available is indeed a treasure house of wisdom. Swamiji was a living embodiment of the Gita. According to him, the Gita was

'practical Vedanta'. He demonstrated this through his life. Reading through the book is indeed a rewarding experience. One is in holy company, imbibing the words of one who is speaking from his heart. ... Just as Swamiji himself used to carry a copy of the Gita with him always, one cannot do better than carry a copy of this book with one always..." - from a Review in the Vedanta Kesari, November 2010, p.441 published by Sri Ramakrishna Math, Chennai. As of February 2017, the print book has undergone seven reprints and more than 27,000 copies have been sold. The Aryan Path Ancient Kriya Yoga Mission Bhagavad Gita is a source of inspiration and strength for millions of people all over the world. The present book contains articles of The Vedanta Kesari of its December 2008 Special Issue, which highlight the message and essence of the Gita in a contemporary and practical context.

### **Message Of The Bhagavad Gita**

Ballantine Books

A comprehensive reference guide that covers over 3,500 observances. Features both secular and religious events from many different cultures, countries, and

ethnic groups. Includes contact information for events; multiple appendices with background information on world holidays; extensive bibliography; multiple indexes.

The Vedanta Kesari Society of Abidance in Truth

Bhagavad Gita is a source of inspiration and strength for millions of people all over the world. The present book contains articles which highlight the message and essence of the Gita in a contemporary and practical context.

Triveni Sri Ramakrishna Math

Examines the Hindu concept of liberation while living from the perspective of the Advaita Vedanta school from the Upanisads to modern times.

### **Bhavan's Journal** D C Books

In 1991, author Sunil Reddy was a college student in Hyderabad when he sought out Guruji Verahur V. Srinivasan, a retired deputy inspector general of police who was a Yogi and a God-realized saint. Reddy wanted to learn the art of meditation from this man who was a prodigy in mastering different spiritual paths. They connected, and for the next four years, the two met weekly. Guruji:

Teachings of a Hindu Saint recounts those meetings and the lessons learned. Reddy presents this collection of spiritual practices and techniques gleaned from a master and designed to help guide a true

practitioner. He narrates Guruji's visions and experiences with other masters, details the stages of spiritual progress, addresses distractions and detractions, repeatedly shows the qualities of true practice, and offers guideposts for

assessment. Providing an in-depth look at many concepts central to the practice of Hinduism, Guruji: Teachings of a Hindu Saint guides disciples and seekers in their quest for spiritual enlightenment.