

# Download Series Of Lessons In Gnani Yoga

Gnani or Jnana Yoga is called the yoga of wisdom which attempts to make clear the most important and highest teachings. Gnani Yoga deals with such questions as "What is Reality" and "The Riddle of the Universe". a series of lessons in gnani yoga (the yoga of wisdom) by. yogi ramacharaka (william walker atkinson) this book gives the highest yogi teachings regarding the Jnana yoga (here written as Gnani) is one of the three classical types of yoga, mentioned in Hindu texts, the other two being karma yoga and bhakti. Jnana in Sanskrit means 'knowledge'. Jnana in Sanskrit means 'knowledge'. You need to read 14 lessons in Yoga first, and I suggest that you already have a background knowledge of yoga before reading this as it isn't light reading.