

Download The Vision And Way Of Vasistha

Yoga Vasishtha, an ancient and beloved scripture, details a lesser known period of Sri Ram's youth not discussed in the traditional Ramayana. We meet a young Ramachandra struggling to awaken from the veil of maya, to pierce through the shrouded domain of intellectual knowledge. Page iii. Vasistha's * Yoga Swami Venkatesananda STATE UNIVERSITY OF NEW YORK PRESS Page iv Disclaimer: This book contains characters with diacritics. Etymology. Vashishtha is also spelled as Vasi??ha and is Sanskrit for "most excellent, best or richest. According to Monier-Williams, it is sometimes incorrectly spelt as Vashishtha or Vashistha (va?i??ha, ??????). 2. Sankhya Yoga 3. The Yoga of Action 4. The Yoga of Wisdom 5. The Yoga of Renunciation of Action 6. The Yoga of Meditation 7. The Yoga of Wisdom and Realisation