



The House of Wisdom: Yoga of the East and West

By Maharaj, Santoshan

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, The House of Wisdom: Yoga of the East and West, Maharaj, Santoshan, Yoga is primarily a spiritual practice. The aim of "The House of Wisdom" is to encourage personal and spiritual growth, along with creative and skilful living. It draws on a variety of great wisdom traditions, including Buddhism, Hinduism and Christianity. The first part covers starting out on the spiritual path, the problems along the way, and the yogic understanding of the authentic Self. The second looks more closely at the yogic tradition, with chapters on mantra, paths to the sacred and the classic Eightfold Path of Yoga. The third and fourth parts include exercises from Psychosynthesis psychology, affirmations and practices for relaxation and discovering the spiritual dimension of the Whole Self.



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