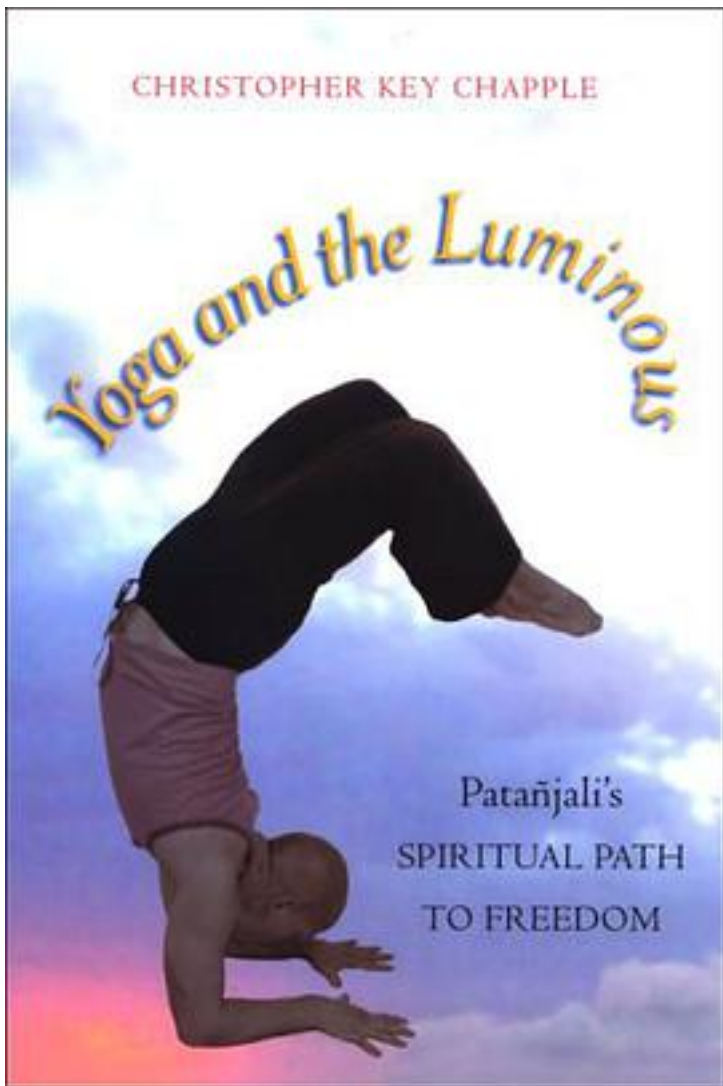


Yoga and the Luminous



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著者:Chapple, Christopher

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In *Yoga and the Luminous*, a book that emerges from more than thirty years of practice, study, and reflection, Christopher Key Chapple addresses the need for an accessible explanation of Yoga's difficult philosophy and its applications in daily life. Yoga practice takes an individual on an inward journey, and through Yoga, one enters a rarefied state of consciousness, a transparency and luminosity described by its great philosopher Patanjali as being "like a clear jewel." Exploring Yoga through the prism of practice, Chapple begins with a historical overview of the many Yogic traditions in Indian religions. He continues with Yoga practice and the philosophy of *Sand#x0101;mkhya*, and then, in step-by-step fashion, he brings the reader to an understanding of the ethics of Yoga, the role of movement and breath, and the processes of concentration and meditation. Finally, building on the root metaphor of luminosity and light, Chapple explains the applications of Yoga in daily life.

作者介绍:

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