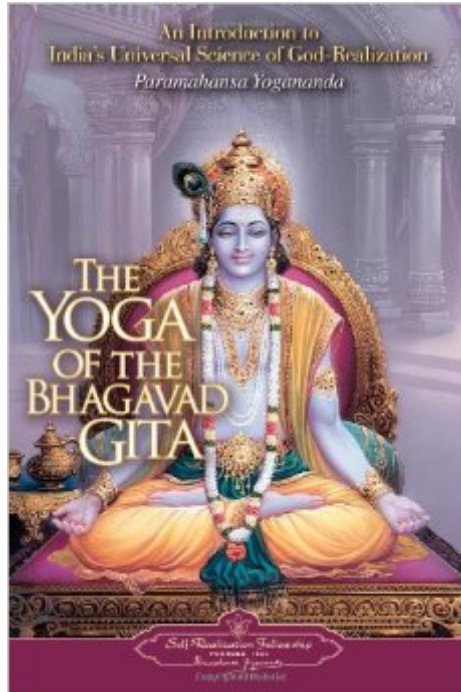


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# The Yoga Of The Bhagavad Gita (Self-Realization Fellowship)



## Synopsis

With penetrating insight, Paramahansa Yogananda sheds a clarifying light on the deeper meaning of the Bhagavad Gita's symbology, and the true intent of India's timeless and universal scripture. He shows how the warriors doing battle on the field of Kurukshetra represent the negative tendencies of the human ego pitted against the divine qualities of the soul, and how the science of Yoga can help us achieve the joy of material and spiritual victory on the battlefield of daily life. An inspiring and concise introduction to the spiritual truths of India's most beloved scripture, these selections from Yogananda's critically acclaimed two-volume translation of and commentary on the Bhagavad Gita (God Talks With Arjuna) explain the step-by-step methods of yoga meditation and right action to achieve union with Spirit and ultimate liberation. Features Paramahansa Yogananda's original translation of the Bhagavad Gita for the first time in sequential form. Topics include: - Using self-analysis and introspection for continuous personal growth - Yoga methods for creating a life of peace and inner harmony - Understanding the psychological forces that help - and those that hinder - spiritual progress - Creating an ideal balance of material and spiritual goals - How to experience the deeper states of meditation and divine illumination.

## Book Information

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## Customer Reviews

The Yoga of the Bhagavad Gita by Paramahansa Yogananda joins his other fine books in inspiring the sincere devotee to spend the time necessary to attain self-realization in this very lifetime. The book is divided into 2 sections. The first part is commentary and explanations of the terms and setting in the Bhagavad Gita. The second section is the full ancient text told by Paramahansa

Yogananda. I feel it is very important to the novice reader, especially, to thoroughly read the first section so that the Bhagavad Gita, which is an allegory, can be most intuitively understood. Quote from Part 1, page 18: "The devotee is aware that the most important objective in life is to attain the goal of Self-realization: to know through meditation his true soul nature and its oneness with ever blissful Spirit." This book is part of a larger 2-volume work called God Talks With Arjuna which is the recommended read for those who wish more in-depth study. If a new spiritual seeker picked up the story and read it through, the meaning might portray the good and bad points in the battle between Lord Krishna and Arjuna, only. But after time in deep meditation and analysis using the information that intuitively flows from your own eternal depths, more of the great meaning becomes clear. Be it yesteryear or today that message is the same. Clinging to and attachment to the ego in the way of sense enjoyments doesn't leave space for enjoying the infinite freedom of self-realization moment to moment. And there is such a world of difference. When attached to worldly battles, with all the conquests the ego looks for leaves nothing but sadness as each satisfaction disappears when new wants, new battles, present themselves.

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