



## Jnana Yoga: The Wisdom Path to Spiritual Enlightenment (Paperback)

By Yogi Ramacharaka

1 Soul Publishing, United Kingdom, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. What is Jnana Yoga? Jnana Yoga is spiritual enlightenment from pure knowledge. This path of wisdom or Advaita Vedanta leads to the reality of the One True Self. This Jnana Yoga spiritual book inspired by Yogi Ramacharaka teaches that learning yoga is about more than poses and exercise but meant to lead the genuine truth-seeker to Spiritual Awakening! For complete health and fitness, Jnana Yoga encompasses the eight limbs of yoga which includes asanas, concentration, meditation and Samadhi! Your sadhana practiced religiously leads one to become a master over ego and ignorance. Thus, the true practice of yoga is the union of soul and spirit and this should be the first question on the spiritual path: How May I Come To Know God ? God may go by many names in many religions. But God is not a man up in the sky! Essentially, all religions state that God is Omnipresent, Omniscient and Omnipotent. So it doesn't take a stretch of the imagination to conclude that if God is truly everywhere and everyplace then He must accordingly be within...



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