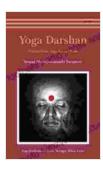
Yoga Darshan: Unveiling the Secrets of the Yoga Upanishads

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by Swami Niranjanananda Saraswati A.8 out of 5 Language : English File size : 3191 KB Text-to-Speech : Enabled Screen Reader : Supported Enhanced typesetting : Enabled Lending : Enabled Print length : 458 pages



- The nature of reality and the illusion of duality
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- Mundaka Upanishad: The two paths of knowledge and the unity of all beings
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- Taittiriya Upanishad: The five sheaths of the Self and the journey to Brahman
- Aitareya Upanishad: The creation of the universe and the unity of the Self with the Brahman
- Kaushitaki Upanishad: The nature of time, space, and the Self

 Shvetashvatara Upanishad: The relationship between Shiva and Shakti, and the nature of the divine

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- Discover the profound connection between your physical, mental, and spiritual well-being

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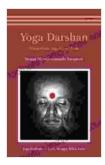
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- A deeper understanding of the true nature of your being
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- A profound sense of peace, joy, and fulfillment

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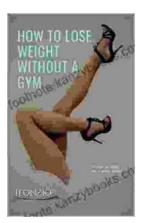


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