



Meditation: Science and Practice

By N.C. Panda

D.K. Printworld (P) Ltd., New Delhi, India, 2008. Softcover. Book Condition: New. First Edition. Yoga, contrary to the popular perception, is not merely a system of physical culture. It is, in fact, a uniquely Indian discipline aiming to bring about the 'union' of an individual spirit with the Universal Spirit: the Cosmic Consciousness -- through what in Yoga is known as samadhi, a state of profound meditation. Patanjali's Yoga-sutram, written sometime around the second century bc, is the first, systematic, at once authoritative presentation of Yoga: in both its theoretical and practical aspects. Professor N. C. Panda, who has had a lifetime involvement with the science and practice of Yoga, here outlines the eight limbs of Patanjala Yoga, with added emphasis on meditation -- in all its three stages: dharana, dhyana, and samadhi; and how this ancient system of bodily and mental control is found to have a strong scientific basis. Offered in three parts, his book focuses, in Part 1, on the practice of meditation, with detailed guidelines concerning the relevant yogic postures, yogic breathing and breath-control. Part 2 presents Patanjali's classical yogic theories, showing how these are validated: both theoretically and experimentally, by modern science. In Part 3,...



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