



## Yoga and the Luminous

By Christopher Kay Chapple

Divine Books, 2012. Hardcover. Book Condition: New. Dust Jacket Condition: New. 1st Edition. 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 Patajali 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 Samkhya 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. *Yoga and the Luminous* also includes a word-by-word translation of Patajali's Yoga Sutra, the foundational text of Yoga philosophy and a system of ethical practice and bodily purification. The translation is accompanied by...



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