



Mysticism (Paperback)

By Aleister Crowley

Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Mysticism with the sub-title Meditation: The way of attainment of genius or Godhead considered as a development of the human brain. The text is essentially Crowley s system of yoga, which is designed to still the mind and enable single-pointed concentration. When developing his basic yogic program, Crowley borrowed heavily from many other yogis, such as Patanjali and Yajnavalkya, keeping their fundamental techniques while jettisoning much of the attendant moral dogma. Yoga, as Crowley interprets it involves several key components. The first is Asana, which is the assumption (after eventual success) of any easy, steady and comfortable posture. Next is Pranayama, which is the control of breath, and Mantra yoga, which is the use of mantras. Yama and Niyama are the adopted moral or behavioural codes (of the adept s choosing) that will be least likely to excite the mind. Pratyahara is the stilling of the thoughts so that the mind becomes quiet. Dharana is the beginning of concentration, usually on a single shape, like a triangle, which eventually leads to Dhyana, the loss of distinction between object and subject, which...



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