



## Evolution of Yoga

By Dr B.B. Sahi

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2009. Softcover. Book Condition: New. Transportation such as cars, motorcycles, buses, etc. have made people lethargic and less active. If energy is not used up, energy saturated with toxic products is accumulated in the body causing different ailments which lead to chronic diseases such as heart disease, high blood pressure, diabetes, arthritis, chronic indigestion, etc. To solve this problem, scientists and sociologists have turned their attention towards our ancestors, their ways of living, their eating habits and how they used to spend their leisure time. Their attention was drawn towards yoga, because our ancestors used to lead their lives based on principles of yoga. This book is written to explore and explain how to spend our lives usefully by remaining connected with the supreme (nature) by yogic principles. We are a product of our past deeds of our ancestors (Pitri Karmas). Our soul is a part of Universal Cosmic Energy (Mother Energy) and our endeavor should be to purify the energy within us and around us to perfection, while remaining connected to our Mother Energy. This can be achieved by following certain principles described in yoga, which are: ethical disciplines, rules of...

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