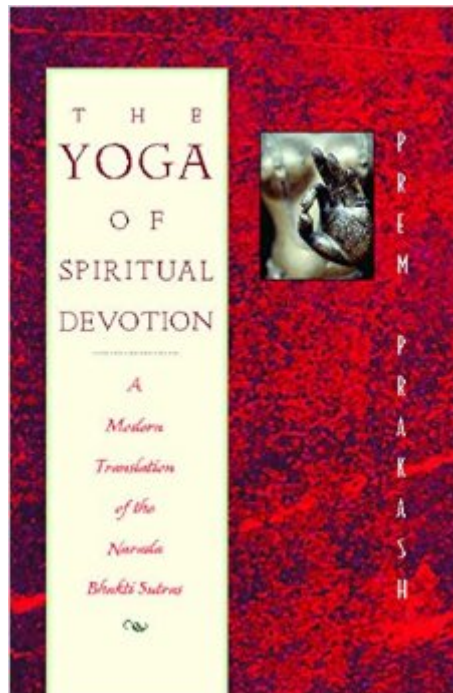


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The Yoga Of Spiritual Devotion: A Modern Translation Of The Narada Bhakti Sutras



Synopsis

• The first translation of this great but little-known path of spiritual devotion written for the modern Western audience. • An insightful commentary aimed at making the path of love immediately accessible to Westerners. • A life-affirming and relationship-positive path of yoga. • Written in the spirit of the kirtans (ecstatic songs and dances) of Narada, sensitively translated by Prem Prakash. Bhakti Yoga, the path of devotion, is considered one of the primary paths for spiritual realization in yogic tradition. Its representative, Narada, is the embodiment of the enlightened sage who travels the universe spreading his sacred teachings. Unlike Jnana Yoga, the Yoga of Wisdom, the bhakti acolyte does not discriminate against material phenomena--for him, all phenomena are aspects of God. Within the context of Ananda, blissful love, the temporal is realized as the reflection of the eternal, and the soul is realized as the expression of God.

Book Information

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Customer Reviews

American Yogi Prem Prakash has done a great service by providing a modern translation and accessible commentary for readers interested in learning about and/or following the path of yoga. Regarding bhakti yoga, that is, the yoga of spiritual devotion, Prem Prakash says in his Introduction, "By making love his polestar, the bhakti yogi follows its light along the path of life until the soul realizes it is one with that light." Here are a few notes I have made in my multiple readings of this beautiful book: The sweetness of devotion fills the yogi and the yogi becomes intoxicated with bliss. Take care of the body so it supports spiritual practice. Hold intention to always be attuned to the divine. Be sweet and soft and sensitive. According to Narada, bhakti or spiritual devotion is its own

fruit. The yogi feels joy and gratitude on feeling the love from the divine within. Want liberation? All you need is bhakti. All you need is love. Sing and listen to the qualities of the divine â “ kirtan and satsung and drumming â “ celebrate everything and everyone being worthy of love. Be a sun and generate light. Be free from the bondage of orthodox doctrine, tradition, and social and religious teachings â “ the divine is direct and spontaneous, not mediated through anyone or anybody. Be a love-infused yogi. Peace and joy are experienced every step of the way in the path of bhakti yoga â “ if this is not oneâ™s experience than something has gone wrong. The eternal divine relationship must be present in the yogi at every moment if the practice is truly authentic. One need not be perfect as long as motivation is pure. Every striving, no matter how small, counts.

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