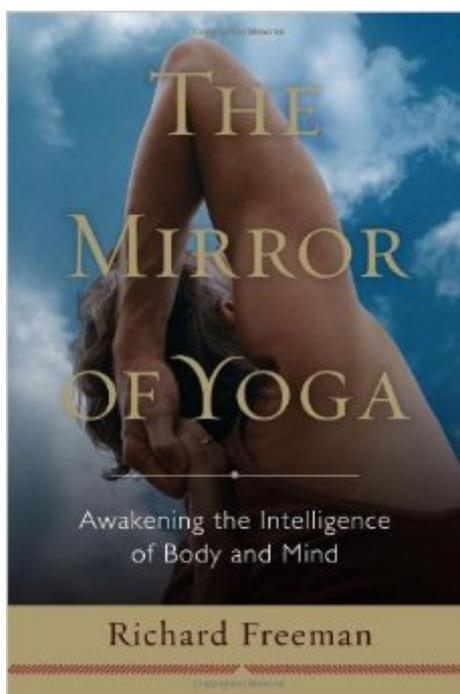


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# The Mirror Of Yoga: Awakening The Intelligence Of Body And Mind



## Synopsis

The world of yoga is astonishingly rich in its array of schools and practices. Yet as diverse as they seem, they share a common aim: the discovery of the essence of existence that can be found at the core of our being, and the liberation that comes from that discovery. With this worthy goal in mind, Richard Freeman presents an enlightening overview of the many teachings, practices, and scriptures that serve as the basis for all the schools of yoga—hatha, bhakti, jnana, karma, tantra, and others. He shows how the myriad forms are ultimately related and can even be perceived to make up a vast, interpenetrating matrix, symbolizing the unity, profundity, and beauty of the ancient tradition. To learn more, visit [MirrorofYoga.com](http://MirrorofYoga.com).

## Book Information

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## Customer Reviews

Now there are hundreds of titles on yoga out there and most concern themselves with the nuances and quibblings of technique. This book however, is essentially beyond technique, rather yoga as a "a path to undo the root of all types of misery through the direct experience of deep, clear, open awareness". If one could completely understand and apply the teachings of this book.... there are no words for that. But that does not mean we can't get glimpses and hints and glimmers of the sublime lessons of the mystical experience by diving deep into to this remarkable text.

This is an exceptional book. It is a difficult read for a new or intermediate practitioner. It is very insightful and full of yoga philosophy. It is the best yoga book I have read. I am currently on my third reading. It is a deep book.

This is a deep book which requires a great amount of concentration and focus to read. It takes already existing yoga ideas and blends them to create an entirely new yoga philosophy. Definitely helps you gain greater insight into the life-enhancing yoga philosophy.

The Inner Tradition of Yoga: A Guide to Yoga Philosophy for the Contemporary Practitioner (by Michael Stone) and The Mirror of Yoga: Awakening the Intelligence of Body and Mind (by Richard Freeman) are complimentary books discussing the philosophy of yoga, something seldom touched upon in the hatha yoga classes offered at most studios and health clubs. Michael Stone's book comes at yogic philosophy from a psychological perspective that often makes sense from a modern point of view. Richard Freeman's book jumps right into classic yoga philosophy but offers the constant reminder that many yogic concepts should be taken as metaphors rather than scientific or metaphysical realities. For example, on page 51, Freeman writes with respect to "nadis" [defined as 'imaginary' tubes through which our breath flows) that "if you contemplate these images, you might find that they stimulate within you feelings associated with energy through the nadis that the images represent." Okay, I can see this as a useful mental tool to feel energized. Many of the concepts are presented in this fashion. I read Freeman's book first, and found it very tough going because of his continual use of technical terms. Stone's book uses less jargon and also gives many useful psychological, non-mystical explanations for concepts. Both books emphasize that the central belief of yoga is the 'one-ness' of the universe, of which mankind is a part. Not only is there no 'I, me or mine', but the separations of all things in the universe are simply a human fiction. Both authors use this point to emphasize the implication that this means your problems are my problems and your happiness is mine. Freeman has one of the clearest elucidations of the 'Bhagavad Gita' I've ever read (Chapter 6) and this made the book as a whole worth its asking price. Many of the ideas presented in Michael Stone's book could have been taken directly out of Buddhist or Zen texts, even though they were couched in Hindu terms. For example, on page 162 he writes "When we are fully in an action, the technique [of mindfulness] brings us to a point, like crossing a river in a raft, where we no longer need the technique; once we have crossed, we no longer need the vehicle." This, and many other expositions, sound like they were taken directly from one of the Buddha's teachings. To summarize, both books are good, but I'd recommend starting with The Inner Tradition of Yoga: A Guide to Yoga Philosophy for the Contemporary Practitioner, and then moving on to The Mirror of Yoga: Awakening the Intelligence of Body and Mind. If you get nothing else out of these books, you'll realize that the asanas from your yoga class constitute a very small part of

what yoga is really about.

Definitely worth reading for anyone interested in exploring yoga in depth. However, it's a dense read, and I found myself re-reading areas over and over again to fully grasp everything (as well as for the new vocabulary). That's a plus, however, as I feel too often books only skim the surface.

This book is a modern classic. It is both eloquent and elegantly written from the heart. It has such depth that every time you read it you discover more layers in the text. Richard Freeman epitomizes the modern yogi and scholar. His commentaries on the Gita and the Yoga Sutras, make them immediate and accessible. Probably the most important book on yoga philosophy, from his generation, and completely written from the heart.

You will not find a better Yoga teacher anywhere. This guy really does know his stuff. He's been at it now for almost 50 years in the yoga practice. Richard is very humble and teaches in a very traditional and powerful way. He has spent years in India perfecting his craft! I'm not exaggerating when I say he is the ultimate Yogi. I do know him personally since 1970 and he does talk the talk and walk the walk. It would be very difficult to find a better Yoga master here on Earth. You may want to check him out if you have not already. Thousands of people have learned Yoga from Richard, and he has taught many of the modern yoga teachers today in the realm of mastering the Yogic way of life. Richard is World Class in every way, and his book here is a treasure. You won't find it an easy read, but you will find great mystic beauty and depth in his presentation style and his kind approach to making mystical revelations available to anyone who is willing to engage in the yogic path with enthusiasm. Buy the Mirror of Yoga and read it, and see for yourself. You won't be disappointed!

This is one of the greatest books about Ashtanga and yoga in general! A lot about theory, history and philosophy of yoga! Would definitely recommend!

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