



Vasistha's Yoga

Swami Venkatesananda

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This is Swami Venkatesananda's longer Yoga Vasistha. His two volume book is here offered between two covers. Its purpose is to provide a means to eliminate psychological conditioning and to attain liberation. Containing the instructions of the sage Vasistha to Lord Rama, this scripture is full of intricately woven tales, the kind a great teacher might tell to hold the interest of a student.

Vasistha's Yoga Details

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Author : Swami Venkatesananda

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From Reader Review Vasistha's Yoga for online ebook

Lachesis says

Masterpiece of non-duality.

Randi Hope says

My favorite book of all time!

If I just flip to a random page, I'm going to learn a valuable lesson.

I will keep reading this book forever.

Vidura Barrios says

This is a gem of a book, one of the great mystical scriptures from India. It is one of those rare books with extremely high vibrations which have the power of giving one the experience of the divine inside.

It is a very long read but very well worth it. It is the kind of book you can read a little a time right before going to bed and have very sweet dreams.

Hal says

Beautifully translated spiritual classic, but not for the beginner or the faint-hearted. And some variations in philosophy from the traditional advaita vedanta of Adi Shankara. Still, this book is worth daily reading and contemplation, if you are interested in the subject.

Vaidy says

There are no two things about this book :)...

I am putting it alongside the Bhagavad Gita, The Ashtavakra Gita and Vivekacudamani By Adi Sankaracharya.

Clearly not for the faint-hearted.

Andrew says

i read a passage a day and have been doing so for some fifteen months. very nice.

Kunal Kalra says

This is not just a book you read and understand and analyse. Its a book that changes you as you read it - towards a better, more profound, enlightened being. When The Lord Rama himself went through a phase of depression and ignorance, he was enlightened by none other than Guru Vasistha, the son of the Creator Brahma. Through mind-twisting tales and deep revelations, often even contradicting with previous ones, you are set to go through a journey deep into your true nature, where everything dissolves, only the SELF remains. Grateful to have come across it. As someone else posted in their review "If I had to let go of all books and keep just one, this would be it"

One little spoiler here:

"This world appearance is a confusion: even as the blueness of the sky is an optical illusion. I think it is better not to let the mind dwell on it but to ignore it." - such texts cannot be understood by reading, no matter how much one tries to grasp it - one must Meditate - go beyond thoughts, feelings and intellect, just being. Without meditation, it is easy to fall into the trap of thinking that "I have understood"

Jaladhi Bhatt says

Excellent book .. gives your practical insight over suffering and karma based theories. Must read for those who believe in theory of Karma and equilibrium of inevitable experiences of life. Mesmerizing experience..

Renee Knight says

I have read the Yoga Vasistha multiple times.

I enjoyed reading it, and recommend that you read no more than a few pages per day. It is recommended in fact to read only one page per day.

I read it in the evening, just before meditation on my first read through, which commenced in Sept. 10, 2001, just before planes flew into the Pentagon, World Trade Centre, and Camp David on Sept. 11. I made a note of it, as it changed our world forever.

Americans now have had a taste of what Indians have been dealing with for a very long time. Of course there are other countries who have had terrorist threats & bombings as well. I am choosing not to dwell on that, just that that year the world really did change forever. The USA, while bombing many countries has had very little in the way of repercussions for the actions of their government internationally. The world needs a break from needless wars and terrorism. Since then, the wars and conflicts in the world have escalated. One would have thought that people would have urged their governments to drop the wars and conflicts, but until more people understand that war fuels big business, and they keep on voting in the wrong people they are creating this "experience" of a violent world. Why can we not create the opposite with more meditation, and understanding of those who are different from us, different faiths... We will not destroy the world, but we can and will destroy the ability for humans, birds, flora, fish and fauna to live on this earth. Illusory or not. We still have to live in this world with the illusions we collectively create.

"This world appearance is a confusion: even as the blueness of the sky is an optical illusion. I think it is better not to let the mind dwell on it but to ignore it." Meditate, meditate, meditate! Very hard to ignore what 'looks like' reality around you. Transcend your circumstances. The tool to help with that is meditation, the only thing that can purify the mind of the effects of our day to day experiences of life.

Yoga Rani

You will find that you will need to let the knowledge resonate with you for a day before reading the next part of the conversation.

You may also want to read it a second time from the very beginning to give the understanding more depth.

Enjoy!

Kiran Bhat says

My pithy reactions to this gem of wisdom.

1) This book reflects how far India has come from the values of its ancient cultures. From the enrichment of the mind to the absolute irrelevance of knowledge, almost everything taught in this book is the opposite of what contemporary teaches its citizens to believe in (ie rote studying, copy-and-paste thinking, and complete obedience to the family, alone).

2) The guru/student dialectic seems to be a useful structuring device for a novel. In many ways, this is a Vedic pre-Diderot novel of ideas, but with a lot more to be gleamed from.

3) Like another reader said, there's too much to be taken from this in one go. Each page has something to teach, and I was too busy with my own projects to read it comprehensively. Can't wait to have another go, and to write something more significant after.

Meera Srikant says

It's ridiculous to rate this book because it is way beyond it. Took me two years of broken reading to complete this, but I am hope I am wiser.

Lokesh says

One of the most refined spiritual scriptures. Talks about Non-duality, Nature of reality, Time & Space as non constant entities, Manifesting existence to be a Play within consciousness.

There is Time travel, World within worlds, Past-Present-Future all existing in the Now. Captivating stuff, interesting stories.

One of my Trinity: Gita, Yoga Vasishta, Tripura Rahasya

Tya says

I will always be reading this book.

Ashutosh Yadav says

Its a wonderful collection of the supreme knowledge & is for only those who want to find out about the life & is on the path of moksha.

Sri Joydip says

This is not just a book , this is a living presence . The Author has done a great job by compiling teachings in the most lucid and understandable way.
