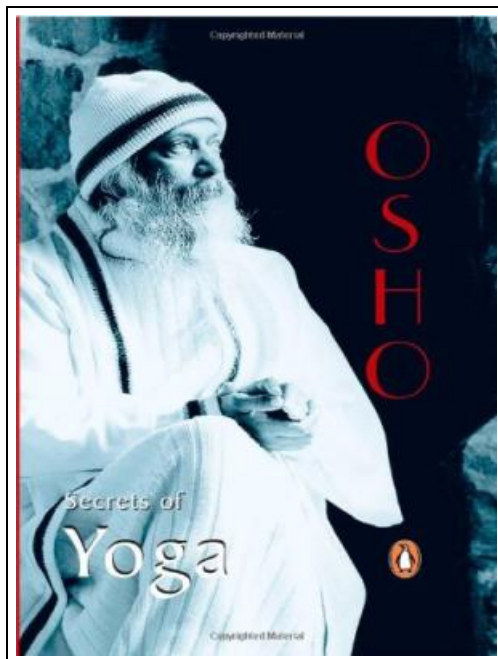


## Secrets of Yoga



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Penguin, New Delhi, India, 2004. Paperback. Book Condition: New. Dust Jacket Condition: New. Reprint. You are here, that much is certain. You are alert that you are here, that much is also certain. Now these two ingredients are enough for yoga experimentation. In this book, part of a series, Osho expounds on the essence of Patanjali's philosophy which is contained in his sutras. Elaborating on these, Osho says that though the sutras contain the key to understanding the self, they are just introductory, just a preface to the real thing. The actual work, he feels, starts when one is ready to change, to mutate, to become new. He maintains that the enlightened one has gone beyond the ego and knows the oneness of all things. Secrets of Yoga, the result of Osho's talks, is rich with insights from Osho's awakened consciousness. Replete with anecdotes, simple yet deep, the book contains his views on crucial issues like ego, death and spirituality. The voyage of self-discovery is enlivened with Osho's irreverent sense of humour. The book contains questions from various people keen to know themselves and Osho's candid answers that make for delightful reading even as they offer solutions to those mired in similar problems. Pithy and profound, Secrets of Yoga is an invaluable guide for those looking for inner peace and harmony. Printed Pages: 272. Size: 13 Cms x 20 Cms.



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