

Mind, Ayurveda and Yoga Psychology (Paperback)

By Dr John Cosby

Balboa Press, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. In the first part of this book, we will look at the foundational concepts of several yoga philosophies, especially pertaining to the nature of the mind. We will begin with the philosophy of Samkhya which explains the creation of the universe, enfoldment of cosmic consciousness, development of the individual soul, and to the rise of the operative faculties of the mind in perception, feeling, ego, memory and intelligence. In the second part, we will look at the tradition of yoga and its techniques to develop the aspirant to rise above physical and mental agitation and restraint which holds one back from emerging into higher knowledge of the self. In the third, we will look at the basic principles of ayurveda including its perspectives to establish balance and harmony of body and mental states. Through the universal principles of ayurveda, knowledge of one s physical and mental constitution can lead to continuum of health and restoration of disease into a balance state of individuals. Its goal is to achieve equilibrium between body and mind by the use of a number of disciplines - diet,...



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