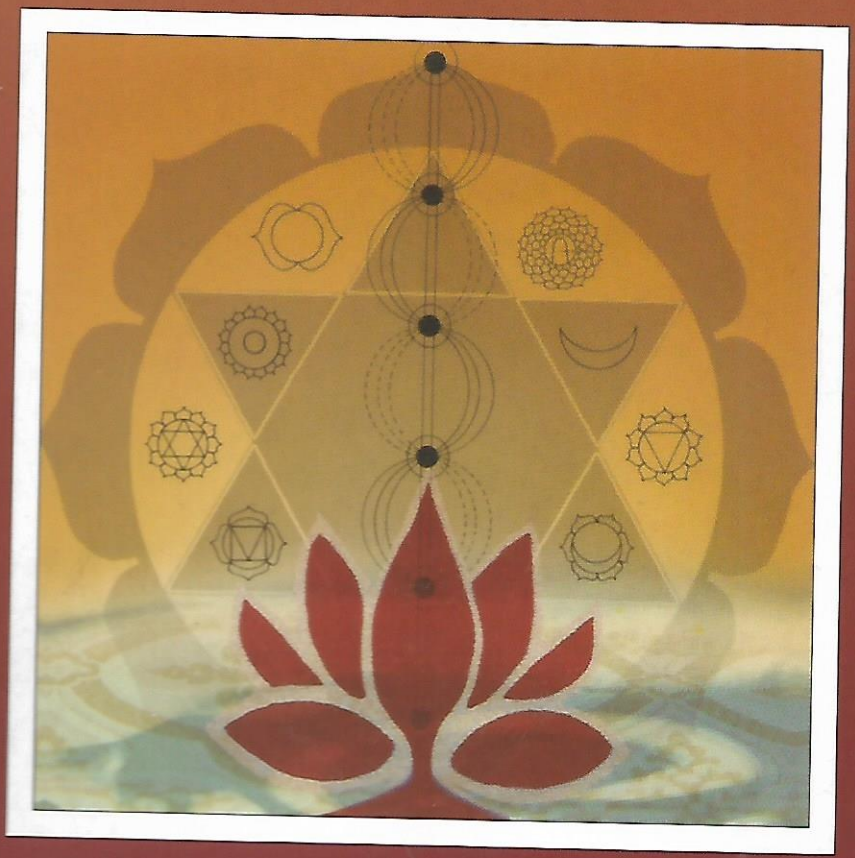
2013 Golden Jubilee edition

Practical Yoga Psychology

Dr Rishi Vivekananda



Yoga Publications Trust, Munger, Bihar, India

Practical Yoga Psychology

University Department of Yoga RU
No/PGDY/.... 94
Library
OL/18

BIHAR SCHOOL OF YOGA
50 years
1963–2013
GOLDEN JUBILEE

WORLD YOGA CONVENTION 2013
GANGA DARSHAN, MUNGER, BIHAR, INDIA
23rd–27th October 2013

Contents

Introduction 1

Some Principles of Yoga

1. What is Yoga? 9
2. The Koshas – Our Great Human Heritage 23
3. The Chakra Systems – Centres of Unity 36
4. The Gunas – Steps of Evolvement 43
5. Swara Yoga – The Balance of Life 49
6. The Mind and Personality 64

A Yogic View of Personality and its Evolvement

7. Personality and the Aspects of the Chakra Systems 91
8. Evolvement of the Aspects of the Personality 100
9. Different Chakra Aspects Dominant in each Individual 125
10. A Seven Dimensional Model of the Personality 146

The Benefits of a Yogic Lifestyle

11. General Lifestyle Considerations 157
12. Raja Yoga Lifestyle Principles 173
13. The Karma Yoga Life 188
14. The Path of Bhakti 199
15. Jnana Yoga in Our Life 203

Yoga Techniques for Evolvement
16. Physical Techniques 215
17. Meditation Group of Practices 245

An Overview of Yoga and our Evolvement
18. How Yoga Evolves Vicious Circles into Virtuous Circles 263
19. Yogic Mechanisms of Evolvement 273

Conclusion 290
Glossary 295
Bibliography 300
References 301
Index 303

SATYANANDA YOGA
BIHAR YOGA

The great mysteries in our lives are the understanding of our personality, how we relate with other people and the world around us, and our place, if any, in the vast scheme of things. The other question we face is how we can improve our personal experience and our interactions with society, so that we live a happy, harmonious and helpful life. For thousands of years yoga has been addressing these questions and supplying the answers to them.

Practical Yoga Psychology is an attempt to simply blend the teachings of yoga with those of psychology, psychiatry and other branches of Western science to give us an overview of the human personality, an idea of where we are going, and guidelines to proceed on our journey.

ISBN 978-81-86336-39-7