

## The Psychology of Transformation in Yoga

### THE PSYCHOLOGY OF TRANSFORMATION IN YOGA

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*(Prof. Maya Hand)*

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Createspace, United States, 2013. Paperback. Book Condition: New. 214 x 149 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ancient sciences of Yoga, Ayurveda and Jyotish (Indian Astrology) have become mainstream subjects and professions in the Western world. Their popularity is growing on a daily basis due to the holistic and individualized approach that each encompasses. There is little doubt that these systems of health and transformation will continue to grow and expand in the modern world. Unfortunately, these systems have been introduced to the West without a clear explanation of the basic philosophy or vision that supports them. The spiritual vision of the universe is called Samkhya and is an existential experience of creation as seen by the Vedic Rishi s, or seers.

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