

yoga vasistha swami venkatesananda pdf

Yoga Vasistha (Sanskrit: योगवासिष्ठा, IAST: Yoga-Vāsiṣṭha) is a philosophical text attributed to Valmiki, but the real author is unknown. The complete text contains over 29,000 verses. The short version of the text is called Laghu Yogavasistha and contains 6,000 verses. The exact century of its completion is unknown, but has been estimated to be somewhere between 6th ...

Yoga Vasistha - Wikipedia

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Vasistha's Yoga (Swami Venkatesananda) | Rama | Yoga

Etymology. Vasishtha is also spelled as Vasiṣṭha and is Sanskrit for "most excellent, best or richest. According to Monier-Williams, it is sometimes incorrectly spelt as Vashistha or Vashishtha (vaśiṣṭha, योगवासिष्ठा).History. In Rigvedic hymn 7.33.9, Vasishtha is described as a scholar who moved across the Indus river to establish his school.

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