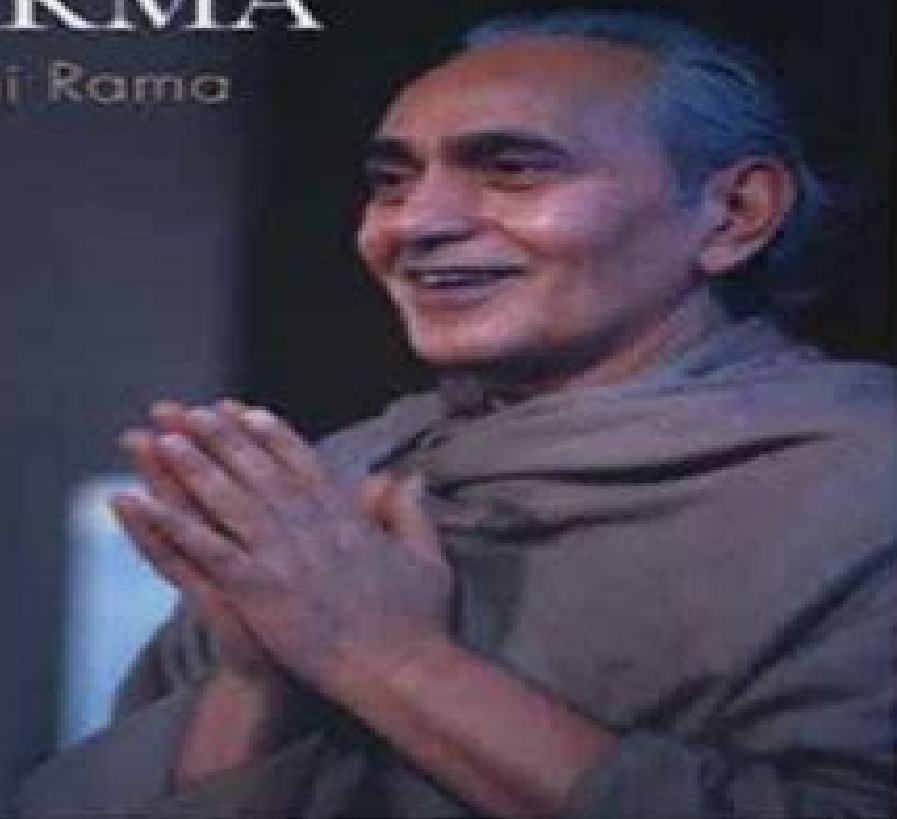


# FREEDOM from the BONDAGE of KARMA

Swami Rama



# Freedom From The Bondage Of Karma

**Swami Rama**



## **Freedom From The Bondage Of Karma:**

**Freedom from the Bondage of Karma** Swami Rama, 2007-02-08 Karma is the activity of doing and being. It is traditionally symbolized as a rope with strands made of actions, thoughts, desires, and the latent subconscious tendencies of personality. The effect of these constituent aspects of karma is to keep the mind in a state of constant agitation and outward directedness in search of appeasement. The result is enslavement to the many objects, ideas, fantasies, and pleasures which scream for the mind's attention. As long as the mind remains in this scattered and dissipated condition, there can be no hope of freedom from karma. In the eight lectures included in this volume, Swami Rama offers a series of perspectives on man's most significant responsibility: that of self-understanding. Analyzing the mechanisms of karma and the functioning of mind, Swamiji demonstrates the kind of self-study each student of life must undertake to gain liberation and attain freedom from the bondage of karma. *J. Krishnamurti and Sant Kabir* Rohit Mehta, Shridevi Mehta, 1990 From Kabir to Krishnamurti is a far cry. For they are separated one from the other by over five centuries. But quantitative measurement of this distance has a qualitative aspect which cannot be measured in any time scale. Two great seers lived in two completely different worlds with no comparison between the two. And yet they expressed their thoughts and experience not only in a similar language but almost in identical terms. In these two streams of thought represented by Kabir and Krishnaji, the authors note a fascinating parallelism. These streams run parallel to each other and yet they meet from time to time at the intersections between the two approaches to life. J. Krishnamurti and Sant Kabir focuses on these meeting points between the two approaches to life. The book also presents the intersections between the writings and sayings of Kabir and Krishnaji. **Freedom Through**

**Understanding** Lama Yeshe, Lama Zopa Rinpoche, 2009-01-01 An eBook version of this title can be found on Google Play. In Lama Yeshe's and Lama Zopa Rinpoche's first trip to Europe in 1975, they offered a weekend seminar based on their famous month-long Kopan meditation courses. Preceded by Lama Yeshe's lecture on meditation at Kensington Town Hall, these teachings at Royal Holloway College, Surrey, encompass the entire Buddhist path to enlightenment. This short course was also videotaped and is available on a historic DVD also entitled *Freedom Through Understanding*. This book is made possible by kind supporters of the Archive who, like you, appreciate how we make these teachings freely available in so many ways, including in our website for instant reading, listening, or downloading, and as printed and electronic books. Our website offers immediate access to thousands of pages of teachings and hundreds of audio recordings by some of the greatest lamas of our time. Our photo gallery and our ever popular books are also freely accessible there. Please help us increase our efforts to spread the Dharma for the happiness and benefit of all beings. You can find out more about becoming a supporter of the Archive and see all we have to offer by visiting our website. Thank you so much and please enjoy this book. [Holistic Living Manual](#) Prakash Keshaviah, 2018-05-22 The word holistic comes from the Greek root *holos* which means whole, total, entire. Holistic means to understand the entire human being. In holistic health, the entire human being is considered, paying attention

to the interaction and integration of the biological and physiological body and breath psychological conscious and unconscious mind and philosophical soul dimensions The emphasis is on treating the whole patient and not just the symptoms of disease Man has to realize that he is not a body alone He is a breathing being and a thinking being with complex emotions appetites and desires To maintain good health the following guidelines must be considered Nourish and exercise the physical body Make the breath deep smooth even and continuous Discipline the senses Quieten the mind Calm the emotions Cultivate contentment Discover the inner being the soul or center of consciousness The purpose of life is to be happy and free from pains fears and miseries This can be achieved by practicing a self training program as set forth in this manual How to Remain Ever Free M. K. Gupta,2006 In this book the author takes you on a journey towards freedom and happiness According to him freedom is the very fragrance of life Freedom and happiness are intimately linked However the author makes a clear distinction between real freedom and the so called casual freedom of doing anything as per one's whims and fancies **Kriya Yoga** Nayaswami Devarshi,2023-05-01 For Beginning and Experienced Yogis Alike Both instructive and inspiring Kriya Yoga Spiritual Awakening for the New Age can be the spark showing the aspiring devotee both how and why to take up the lifelong practice of Kriya Yoga Learn the pitfalls to look out for along the way and how to reach ultimate success on your journey to Self realization Simultaneously this book is a roadmap for the already practicing Kriya Yogi Through real life stories from longtime Kriyabans learn those attitudes and practices that can help or hinder your progress on the spiritual path I wasn't sent to the West by Christ and the great masters of India Paramhansa Yogananda often told his audiences to dogmatize you with a new theology Jesus himself asked Babaji to send someone here to teach you the science of Kriya Yoga that people might learn how to commune with God directly I want to help you toward the attainment of actual experience of Him through your daily practice of Kriya Yoga He added The time for knowing God has come Nayaswami Devarshi is a longtime Ananda minister and Kriyacharya authorized Kriya Yoga teacher He lives in India leading Ananda's monastery and serving as the director of Ananda's global Kriya Yoga Sangha Devarshi works with those taking Kriya Yoga for the first time and counsels experienced practitioners He prepares devotees to receive Kriya Yoga and conducts Kriya Initiations around the world **At the Feet of a Himalayan Master Volume 1** Prakash Keshaviah,2010-02-16 There are very few first hand accounts available to us about living with a Himalayan Master This book offers unique contributions on the inner development and external lives of those who lived around him This book fortells of human potentials that may be available to us all of a purpose to our lives and of realms of inner development that can easily be overlooked in the pace and diversions of modern life Hymns to the Mystic Fire Sri Aurobindo,2018-05-22 Sri Aurobindo has unlocked the secret of the Rig Veda and in this book he has provided the translations for all hymns to Agni the mystic fire from the Rig Veda Included for reference are the actual Sanskrit texts for each hymn The Doctrine of the Mystics reveals the underlying philosophical psychological and spiritual truths experienced by the sages This book is for the seeker

the yogi and the sage as well as the philosopher or student of comparative religion      **Om The Eternal Witness: Secrets**  
Swami Rama,2008-01-25 The Upanishads are called shruti revelations Mandukya Upanishad though the shortest of all Upanishads is a revered profound Upanishad that teaches us about four states of consciousness the waking dreaming and sleeping states and Turiya the fourth state beyond the first three In this Upanishad there is a unique combination of psychology and profound philosophy a clear exposition of the four states of consciousness      Om the Eternal Witness Swami Rama,2007-09-25 The Upanishads are called shruti revelations Mandukya Upanishad though the shortest of all Upanishads is a revered profound Upanishad that teaches us about four states of consciousness the waking dreaming and sleeping states and Turiya the fourth state beyond the first three In this Upanishad there is a unique combination of psychology and profound philosophy a clear exposition of the four states of consciousness      Indian & Western Educational Philosophy A. P. Sharma,2010-06 All important matters relating to educational philosophy that have bearing on human life and conduct have been taken into consideration quite exhaustively in this book Care has also been taken to discuss each topic quite elaborately so that the reader can have a clearer view of each school of philosophy Educational implications are highlighted in bold Each chapter has a set of questions which can possibly be asked in any examination relating to education Most answers to these questions are implicit specifically within the emboldened text contained within each chapter The book will be highly useful for the M Ed and B Ed students of any Indian University and also to them who wish to take any competitive examinations at a level where education is one of the papers to be examined      **BHAGAVAD GITA IN SHORT** Ram Govind Das,2024-11-27 It is a timeless book of wisdom that inspired Adi Shankaracharya Swami Ramsukhdas Ji and many others The Bhagavad Gita teaches us how to equip ourselves for the battle of life A repeated study with faith purifies our psyche and guides us to face the challenges of modern living leading to inner peace and happiness      The Science of Yoga I. K. Taimni,1961-01-01  
Commentary on Patanjali s sutras Updated edition      **Karma** A. E. Powell (Lieut.-Colonel.),1931      *Gita Today* BRIJ MOHAN,2019-11-04 Gita needs no introduction The whole great Vedic civilization of Indians are known and related to the philosophy enumerated by this book The sermon of Bhagwan Krishna to grief stricken Arjun was told in the battlefield where two armies were standing to start the battle Since birth every person starts his fight one may call this as action or living But it is a form of fight where we are not alone to live to act we are always with our opponent offering resistance to us The battle might get over due to our abandoning the fight but the cause remains alive kicking us in our brain creating a violent environment converting us into a person with ever agitating complaining mind and intellect The non violence wrapped under the cowardice is more dangerous than the demonstrated violence Throughout the teachings of Gita we can notice the tone of universalism in suggesting self elevation for all irrespective of caste creed and education level of holy texts Vedas and Upanishads Teachings of Gita have broken all those misgivings of a common man One can also practice meditation by learning the knowledge of truth and can identify SELF as different from the material body Uniqueness in teachings of Gita is

its direct approach to a common man It suggests a direct relationship and communication between Man and God In Gita Bhagwan Krishna dwells upon the wisdom about reality as well as a practical way of living day to day life and improving our SELF While reading Gita we would learn Bhagwan Krishna discoursing on the most secret and sacred knowledge and now here we are learning the tips for our better behaviour and conduct I wish and pray for the readers a purposeful and happy life Kindly accept my regards to read Gita for your all round growth and self elevation With due respect and regards to all the schools of thought I would like to draw inference from their interpretations to make it purposeful and a learning experience The objective of my writing this book is to start a thinking process amongst us the useful and relevant message to improve our day to day life with the blessings of Mother Gita     The Book of Chakras & Subtle Bodies Stephen Sturgess,2014-05-20 Escape the humdrum of daily life and reawaken your true essential Self with Stephen Sturgess sensational Yoga and meditation techniques Learn about fascinating subtle bodies chakras nadis and kundalini with the in depth section on Yoga philosophy then follow Stephen s variety of practices and techniques for removing any obstacles that may be standing in the way of you uniting with your true nature The book includes a wealth of Hatha Yoga techniques using asanas mudras bandhas pranayama and kriya purification as well as Raja and kriya Yoga techniques mantras concentration and meditation

Vedantic Approaches to God Eric Lott,1980-04-24     **Sree Krishna, the Lord of Love** Bábá Premánand Bhárati,1904

**Knowledge and Freedom in Indian Philosophy** Tara Chatterjea,2003-01-01 In this groundbreaking collection of articles Tara Chatterjea brings Indian philosophy into proximity with contemporary analytic thought Her emphasis on analytic methodology as well as the book s combination of epistemology and ethics makes this work unique With issues ranging from the definition of pramanya and the relation between truth and knowledge to a meaningful redefinition of moksha this book will appeal to scholars and will be welcomed into advanced courses in Indian philosophy religion and culture

*From Here to Enlightenment* H.H. the Fourteenth Dalai Lama,2020-12-22 The most extensive teaching given by the Dalai Lama in the West on a seminal Tibetan Buddhist text now included in the Core Teachings of the Dalai Lama series When the Dalai Lama was forced to go into exile in 1959 he could take only a few items with him Among these cherished belongings was his copy of Tsong kha pa s classic text The Great Treatise on the Stages of the Path to Enlightenment This text distills all the essential points of Tibetan Buddhism clearly unfolding the entire Buddhist path In 2008 celebrating the long awaited completion of the English translation of The Great Treatise the Dalai Lama gave a historic six day teaching at Lehigh University to explain the meaning of the text and to underscore its importance It is the longest teaching he has ever given to Westerners on just one text and the most comprehensive From Here to Enlightenment makes the teachings from this momentous event available for a wider audience

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