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## Gnani Yoga

YOGI RAMACHARAKA

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**YOGI RAMACHARAKA : Gnani Yoga** before purchasing it in order to gage whether or not it would be worth my time, and all praised Gnani Yoga:

1 of 1 people found the following review helpful. Excellent and Unique Presentation of Gnani YogaBy Phil CalandraGnani or Jnana Yoga is called the yoga of wisdom which attempts to make clear the most important and highest teachings. Gnani Yoga deals with such questions as "What is Reality" and and "The Riddle of the Universe". The basic premise of the book is that there is "One Reality" from which all things flow and that there is "One Life". Atkinson states that the "Absolute" cannot be defined because it is beyond all qualities and is incomprehensible to man; However, Atkinson states that the "Absolute" has manifested itself in relativity, namely in different life forms including man. This is one of the most interesting books that I have read. The author takes you on a step by step journey explaining his yoga philosophy in very specific terms. His philosophy is compelling and he explains more of the cosmic and spiritual aspects of Gnani Yoga which most traditional yoga books don't broach. Although I am not

sure I agree with all aspects of his philosophy, Atkinson has opened up my mind to other possibilities. I believe this can serve as an excellent resource book which can be re-read and studied further in the future.0 of 0 people found the following review helpful. Five StarsBy titoMuchas gracias0 of 0 people found the following review helpful. Three StarsBy Florence RinkOK

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