

Open Your Heart To God Through Bhakti Yoga: Yoga of Devotion

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About the Book

This is a comprehensive text on Bhakti Yoga (Yoga of Devotion). It covers all aspects of Bhakti Yoga with detailed guidelines for its practice. It is one of the four major paths for attaining the life's goal of Self-realization or God-realization. Compared with the other paths, the practice of Bhakti Yoga is far simpler, less austere and more natural. Everyone may not have exceptional energy to practice Karma Yoga, or keen intellect for practicing Jnana Yoga, or one-pointed concentration for practicing Raja Yoga, but all have love in their hearts for practicing Bhakti. Therefore as the Divine Sage Narada states, Bhakti is the easiest of the spiritual paths. Though all the paths of Yoga lead to the same goal, Bhakti is considered to be superior to the other paths in some respects. In all other paths, there is the fear of a fall, but in Bhakti there is no such fear. The other paths are methods of practice and are needed as long as one has not realized the supreme. They only help the aspirants on their way to the goal. But supreme devotion (Para Bhakti) is, on the other hand, the goal in itself. Bhakti is both the means and the end. Supreme Devotion and God realization are identical. Bhakti is a living force in the spiritual life of the world. Throughout the ages many devotees have realized God by deep devotion and self Surrender.