

HOW TO BE A YOGI



SWAMI ABHEDANANDA

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How to be a Yogi By Swami Abhedananda.

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Like Krishna, Buddha, and all other great Yogis of India, Jesus healed the sick, opened the eyes of the blind, made the lame walk, and read the secret thoughts of His disciples. He knew exactly what Judas and Peter were going to do; but there was nothing supernatural in any of His actions, there was nothing that cannot be done again over and over by a true Yogi, and there was nothing in His life that cannot be explained rationally by the Science of Yoga and the Philosophy of Vedânta. Without the help of this science and this philosophy Jesus the Christ cannot be fully understood and appreciated. By studying His character, on the other hand, in the light of the Vedânta Philosophy we shall be able not only to understand Him better, but to have a larger appreciation of His true glory.

Material science now scoffs at His miracles, but they are corroborated by the Science of Yoga and confirmed by the deeds of the great Yogis of India. No devout Christian need for a moment fear that physical science can ever undermine the work of Jesus so long as the Science of Yoga is there to sustain all that He did. Let him study the character of Jesus through the Philosophy of Vedânta and I am sure that he will understand Him better and be a truer Christian, a more genuine disciple of the Son of Man than ever before. Let him follow the teachings of Yoga and he will some day become perfect like Christ.

It is through the teachings of Vedânta that the Hindus have learned how to glorify the character of Jesus; so also it is through Vedânta that a Christian will learn to adore the great Yogis like Krishna, Buddha, Râmakrishna, and others. It is through Vedânta that a Christian will be able to see how Divinity dwells in all animate and inanimate objects, and thus comprehending the true relation of the individual soul to the Supreme Spirit.
