

A glutton can never dream of becoming a Brahmachari. Control of tongue is a *sine qua non*, if you want to observe the vow of Brahmacharya. There is intimate connection between the tongue and the organ of generation. Tongue is an organ of knowledge. It is born of the Sattvic portion of the water-Tanmatra. The organ of generation is an organ of action. It is born of the Rajasic portion of the water-Tanmatra. They are sister organs as the source is the same. If the tongue is stimulated with Rajasic food, at once the reproductive organ also gets excited. There should be selection and restriction in diet. The food of a Brahmachari must be simple, bland, spiceless, non-irritating and non-stimulating. Moderation in food is very necessary. Stuffing the stomach is highly deleterious. Fruits are highly beneficial. You should take food only when you are really hungry. The stomach will deceive you sometimes. You may have false hunger. When you sit for taking meals, you will have no appetite and no relish. Dietetic restrictions and fasting are very useful auxiliaries in controlling the carnal mind and in the attainment of Brahmacharya. You should not ignore or make light of them on any account.

Importance of Brahmacharya

The Srutis declare "*Na-ayam atma balaheenena labhyah*" (This Atman is not attainable by a weak man). In the Gita (VIII-11) you will find "*Yadichhanto brahmacharyam charanti*" (that desiring which Brahmacharya is performed); "*Trividham narakasyedam dvaram nasanam-atmanah; Kamah krodhah-tatha lobhah-tasmad-etat-trayam tyajet*—O Arjuna! Triple is the gate of the hell, destructive of the Self—lust, wrath and greed; therefore, let man renounce these three" (XVI-21). "*Jahi shatrum mahabahc kamarupam durasadam*"—Kill this powerful enemy passion by the observance of Brahmacharya (III-43).

No doubt, in the Yoga philosophy much stress has been laid on the importance of Brahmacharya. Mark what Siva Samhita says: "*Maranam bindupatena jivanam bindu dharanat*." Death is hastened by letting out semen from the

The Practice Of Brahmacharya

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The Practice Of Brahmacharya:

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Meditation & Its Practices Swami Adiswarananda,2011-10-29 The complete sourcebook for exploring Hinduism's two most time honored traditions of meditation Meditation is a subject of universal interest practiced by seekers of all traditions on the quest for serenity peace and blessedness Among the many traditions of meditation in Hinduism Yoga and Vedanta have passed the test of time proving as vital today as they were throughout the ages in helping seekers overcome the maladies of life and attain the greatest spiritual fulfillment In one comprehensive volume *Meditation Its Practices* illuminates the principles of the Yoga and Vedanta meditation traditions the meaning of meditation its goal of Self Knowledge the methods by which concentration is developed and the ways of achieving self control Defining key concepts in clear terms this complete guidebook covers every aspect of this ancient spiritual practice including Goals and Benefits of Meditation Objects of Meditation Methods of Concentration Posture Physical Condition Eating Habits and Spiritual Exercises Mystical Experiences and Realizations Obstacles in Meditation and Ways of Overcoming Them Drawing on both classic and contemporary sources this comprehensive sourcebook outlines the scientific psychological and spiritual elements of Yoga and Vedanta meditation the results of which lead not to the seeker's dreams and visions but to the transformation of his or her character

Swami Kripalu's Yoga of Success and Self-Realization Richard Faulds,2025-04-15 Reviving the teachings and practices of Swami Kripalu Richard Faulds brings Swami Kripalu alive in a book that illumines the breadth and depth of yoga Stephen Cope author *Yoga and the Quest for the True Self* Like the Indian sages in whose footsteps he walked Swami Kripalu taught yoga as a wisdom tradition in which disciples maintain a close personal relationship to their guru and demonstrate their fitness to receive each level of its esoteric curriculum through the intensity of their study practice and devotion He adopted this approach for an important reason as the single minded dedication it required was meant to bring forth the best from his top students preserving yoga's spiritual depth and enabling them to pass on its transformative potency Yet this approach also had a downside in that it failed to make the full scope of his teachings accessible to a multitude of seekers unable to join his circle of intimates Swami Kripalu's *Yoga of Success and Self Realization* presents Swami Kripalu's teachings in a contemporary framework that any reader can understand and put into practice John Mundahl calls it a clear engaging writing style infused with stories Supplementing the narrative are extensive quotations excerpts and teaching stories that remain as close as possible to Swami Kripalu's words Every effort has been made to retain his distinctive voice and subtlety of expression

The Cambridge Companion to Gandhi Judith Brown,Anthony Parel,2011-02-21 Even today six decades after his assassination in January 1948 Mahatma Gandhi is still revered as the father of the Indian nation His intellectual and moral legacy and the example of his life and politics serve as an inspiration to human rights and peace movements political activists and students This book comprised of essays by renowned experts in the fields of Indian history

and philosophy traces Gandhi's extraordinary story. The first part of the book explores his transformation from a small town lawyer during his early life in South Africa into a skilled political activist and leader of civil resistance in India. The second part is devoted to Gandhi's key writings and his thinking on a broad range of topics including religion, conflict, politics, and social relations. The final part reflects on Gandhi's image and on his legacy in India, the West, and beyond.

[The Diary of Manu Gandhi](#), 2019-08-20 Manu Gandhi, M. K. Gandhi's grand niece, joined him in 1943 at the age of fifteen. An aide to Gandhi's ailing wife Kasturba in the Aga Khan Palace prison in Pune, Manu remained with him until his assassination. She was a partner in his final *yajna*, an experiment in *Brahmacharya*, and his invocation of Rama at the moment of his death. Spanning two volumes, *The Diary of Manu Gandhi* is a record of her life and times with M. K. Gandhi between 1943 and 1948. Authenticated by Gandhi himself, the meticulous and intimate entries in the diary throw light on Gandhi's life as a prisoner and his endeavour to establish the possibility of collective non-violence. They also offer a glimpse into his ideological conflicts, his efforts to find his voice, and his lonely pilgrimage to Noakhali during the riots of 1946. The first volume, 1943-44, chronicles the spiritual and educational pursuits of an adolescent woman who takes up writing as a mode of self-examination. The author shares a moving portrait of Kasturba, Gandhi's illness and death, and also unravels the deep emotional bond she develops with Gandhi, whom she calls her mother.

The Superhuman Lifestyle, Radheshyam, 2024-06-21 This book serves as a transformative resource offering innovative solutions to address a wide array of physical, mental, emotional, familial, social, national, and global health challenges. It stands as a comprehensive guide for individuals and society grappling with sexual crises. Seekers of spiritual progress practiced *Brahmacharya* in ancient times, but now the situation has changed significantly. Now everyone who wants not only personal benefits on the physical, mental, and spiritual planes but also those who want to build a good society free from the burning problems of sexually transmitted diseases, teenage pregnancy, and its horrible consequences, moral degeneration, and the impending extinction of mankind must practice *Brahmacharya* and inspire others to do the same. Originally intended to be the pinnacle of strength, the human body has faltered due to a lack of understanding. However, within these pages lie solutions to reclaim that inherent strength. Every avenue towards leading a superhuman lifestyle, akin to the remarkable qualities of great scientists, Rishis, saints, spiritual Gurus, and accomplished individuals from diverse fields, is explored. It is our earnest desire that the information and teachings contained herein contribute to the prevention of human degradation and the building of a good society not only for human survival but also for the suprahuman evolution of mankind.

The Four Yogas, Swami Adiswarananda, 2012-04-12 Choose the Yoga path that best suits you, and you choose the way to know God. The philosophy of Yoga tells us that the root cause of our sorrows and suffering is loss of contact with our true Self. Our recovery is only possible by reestablishing contact with our innermost Self, the Reality of all realities, and by recognizing that knowledge of Self is our salvation. In this comprehensive guide, Swami Adiswarananda introduces the four spiritual paths of Yoga: Karma Yoga, Bhakti Yoga, Raja Yoga, and Jnana Yoga, and what you can expect as an

aspirant on each path Covering the message and practice of each of the Yogas as well as philosophy and psychology preparatory practices common obstacles and ways to overcome them this accessible book will prove invaluable to anyone wishing to follow a Yoga practice in order to realize the goal of Self knowledge How We Live Our Yoga Valerie Jeremijenko,2020-09-08 How We Live Our Yoga collects fourteen frank moving and thoughtful personal essays by passionate yoga practitioners on why they began to practice what it has brought to their lives how their relationship to yoga changes and evolves and more Judith Lasater looks at the unexpected relationship between yoga and parenting Award winning poet Stanley Plumly ponders the connection between his Quaker upbringing his writing and his yoga practice The well known Sanskritist Vyaas Houston tells the story of his first guru and their difficult relationship And philosopher and conceptual artist Adrian Piper comes out as a yogic celibate At the Eleventh Hour Rajmani Tigunait,2001 At the Eleventh Hour is more than just a biography about the accomplishments of Himalayan master Swami Rama and an overview of the profound system of yogic knowledge he brought to the West This book tells the story of Swamiji through the eyes of Pandit Rajmani Tigunait PhD his devoted student and successor as the spiritual head of the Himalayan Institute As you read Pandit Tigunait's account of life with his master you will gain insight into the guru disciple relationships Swami Rama had both with his master and with his own students This book serves as a guide to some of the more esoteric practices of tantra not commonly known or understood in the West It brings you to holy places in India to the source of the Himalayan Tradition revealing why these sacred sites are important and how to go about visiting them The wisdom in these stories penetrates beyond the power of words Discover the legacy of a true Himalayan master and the nature of the yogic wisdom he shared Purchase your copy of At the Eleventh Hour today **Sensual Austerity and Moral Leadership** Debidatta Aurobinda Mahapatra, Richard Grego,2021-12-05 This book examines the link between sensual austerity and moral leadership a topic largely neglected in contemporary academic scholarship and public policy by exploring the comparative cross cultural perspectives of Plato Confucius and Gandhi on this theme Despite the diverse cultural contexts that gave rise to their respective philosophical perspectives they shared similar views on what might constitute a universal and perennial basis for individual moral development in any harmonious political order They all agreed that sensual austerity is necessary for the realization of a flourishing society and political culture recognizing that control over sensual desire is both a vehicle for individual moral self cultivation and social political progress Sensual austerity is thus an essential aspect of any morally governed person institution state or society The book also argues that further examination of this theme may assist scholars and policymakers in developing more peaceful and harmonious national and global communities **Youth! Arise, Awake and Know Your Strength** Swami Srikantananda,2019-01-19 A vital book for motivation This book talks about important topics like youth and the importance of education strength character and will power how to attain success through improving self confidence how to overcome suicidal tendencies importance of Brahmacharya and brief introduction to Vedanta Inspiring examples from the

lives of great persons are quoted along with the relevant quotes on these subjects by Swami Vivekananda This is a very useful book to the youth of today and more than 3 50 lakh copies are sold till date Our other books here can be searched using RKMATHHyderabad *Brahamcharya: Celibacy With Understanding* Dada Bhagwan,2015-04-14 In the book *Brahmacharya Celibacy With Right Understanding* Gnani Purush embodiment of Self knowledge Dada Bhagwan offers unique insight into the definition of celibacy and the benefits of brahmacharya He clarifies common misunderstandings about celibacy answering questions such as How do you define celibacy What are the spiritual reasons for abstinence from sex and what are the benefits of abstinence Does spiritual power increase from brahmacharya and how is celibacy related to spirituality and practice Must one take a vow of celibacy to practice brahmacharya This book offers a clear road map to celibacy meaning and celibacy benefits and is an invaluable resource for those wanting to learn how to become more spiritual through the practice of brahmacharya **YOGA** Nivedita Raghunath Bhide,Vivekananda Kendra,2012-09-11 The present generation is moving at a very fast pace hitherto unknown The result being economic prosperity technological development at the one end and stressful lives and fractured inter personal relationships at the other end Man seldom enjoys the fruits of his labour as he is bogged down because of the stress This makes Yoga much more relevant today There is a compelling need to create an awareness about Yoga which is commonly misconstrued as a mere Physical exercise Yoga is not just Asana or Pranayama It is a way of life It is a process in which we integrate our body mind intellect with the larger identities like family society and Nation the entire creation We hope that this book *Yoga the Way of Life* based on the vision of oneness will enable the reader to get a clear and proper understanding about the Philosophy and Practice of Yoga **A** **Prose English Translation of the Mahabharata** Manmathanatha Datta,1908 *A Prose English Translation of Harivamsha* Manmatha Nath Dutt,1897 *The FWBO and 'Protestant Buddhism'* Sangharakshita (Bhikshu),Sangharakshita,1992 *The Brain of India* Aurobindo Ghose,1923 *The Brahmavâdin* ,1898 *Young India*, 1919-1922 Mahatma Gandhi,1922

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