

Timeless Wisdom Of Ayurveda

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Brahmagupta, grammarian P Gini, contributors to the ancient art and science of Ayurveda like Sushruta and Charaka, Classical Sanskrit writer K lid sa, philosopher..45 KB (4,247 words) - 14:59, 26 February 2024

text and footnote Radha, Swami Sivananda (2005). Mantras: Words of Power. Canada: Timeless Books. p. 54. ISBN 978-1-932018-10-3. Archived from the original... 96 KB (11,482 words) - 01:01, 20 March 2024

and the Wisdom Goddesses: Spiritual Secrets of Ayurveda, Motilal Banarsidass Frawley, David (2000), Vedantic Meditation: Lighting the Flame of Awareness... 95 KB (11,907 words) - 01:58, 18 March 2024
never itself an object of observation. It is the timeless Being that witnesses the ceaseless flow and change in the world of thought and things. It lends... 6 KB (695 words) - 02:36, 18 March 2024

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origins of Hinduism lie beyond human history, as revealed in the Hindu texts.[clarification needed]
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discernment/wisdom sheath Anandamaya kosha, bliss sheath (Ananda) Cause and effect are an important topic in all schools of Vedanta. Two sorts of causes are... 272 KB (30,527 words) - 20:20, 6 February 2024

legend of the Samudra Manthana, in which Dhanvantari (god of Ayurveda) and amrita (the elixir of eternal life) were churned from the Ocean of Milk. The... 72 KB (7,826 words) - 01:37, 4 March 2024

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dharma that transcends the passage of time. Hindu texts are categorised into Shruti (such as the Vedas) regarded as timeless in character, and Smriti (such... 5 KB (525 words) - 16:16, 4 March 2024

layer of Sanskrit literature and the oldest scriptures of Hinduism. Hindus consider the Vedas to be timeless revelation, *apauruṣeya*, which means "nobf a... 36 KB (4,067 words) - 18:32, 26 February 2024

extinguished" of the fires of the passions and of self-view. It is a "timeless state" in which there is no more becoming. Nirvana ends the cycle of Dukkha and... 77 KB (9,660 words) - 14:57, 31 January 2024

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Said the Mind Is Restless and Lights Only Briefly like a Fly on any Given Object of Contemplation if You Would Gain the Benefits of Contemplation Which Is To Say Yoga and of Spiritual Realization Vedanta the First Necessity Is Stillness of Mind Okay Are You Following that and that Stillness Is the Fruit of Yoga Practice and without Yoga There Can Be no True Understanding of Sankhya So When We Can't Perceive the Ever-Changing Nature of this World because We Can't Still Our Minds Long Enough To Get a Big Perception of It Then We Simply Don't Know It

He Finally Became an Actuary He Found Out Something To Do but It Would Still Hurt My Heart Just like There's So Many Poignant Elements in Everybody's Life and How Can any One Individual Decide whether or Not There's Going To Be a War in a Draft You Know Right Now I Heard this Morning that the Eu Will Bailout Cyprus if if Cyprus Confiscates Ten Percent of Everybody's Money It's Just like Herbs Going To Be Sitting There and all of a Sudden Have Ten Percent Less Money because that's Just What's Going To Happen How Do We Have any Control over these Things these Are all Just for every Upward Moving Wave There's a Downward Moving Way and for some of Us these Facts Seem Enormous Ly Self-Evident

But We Also Need To Ask Ourselves the Question Why Don't I Know What What Am I What Are My Really Core Beliefs That Are Being Demonstrated by My Actions and Do I Are those Really My Beliefs and How Do I Want To Really Work with that and that's Why this First Sutra Just Puts It Up There You Have To Understand Why You'Re Practicing Yoga or Else It's Not Going To Do Anything for You Okay Let's Take a Break and Then if We Have Questions We'LI Start There

And Then Maybe that We'Re Going To Have More External Difficulties Tomorrow and Maybe the Sole Incarnations Just Going To Go Beautifully that's Entirely Different than Always Living in the Expectation that this Is Going To Actually Finally Bring Me that Final Fulfillment and When Our Equanimity Is More or Less Is Not Determined by External Conditions When Our Sense Our Inner Sense of Peace or Security or God Loving Us or However We Define Our Whatever Aspect of Such Heed Ananda We Are Ourselves Attached to When It Is No Longer Susceptible to the Ever-Changing Waves on the Surface of the Ocean That's When We'Re Becoming Much More Deeply Anchored in these Teachings

But I Know that There Have Been Periods before this and There Will Be Periods after It and that's a Great Deal of What Makes It Easy To Go Through and It Doesn't this Is What People Misunderstand It Doesn't Make the Pleasant Times Less Pleasurable in Fact It Makes Them More So because There's Always that if if Your Happiness Is Dependent on this Situation Staying the Way It Is There's Always that Deeper than Conscious Realization that There's Not a Chance in the World that It Will Stay this Way and Therefore There's Always that Tension That's What Attachment Is Attachment Is that Tension that Choirs Requires Us To Grip

So We Desperately Hold On to It because Inevitably We Know It's Going To Be Ripped out of Our Hands but When We Know It's a Wave and We Just Ride the Wave We Don't Have To Grip So Hard because It's Just a Wave and if It Takes Us to a Beautiful Shore Then Let's Admire the Flowers and Then When the Tide Goes Out We'LI Ride that Tide Out with the Sure Knowledge that the Tide Will Come In Again So this Is What Chunka Teaches Us Is that every Fulfillment Is Followed on that Level but once We'Re Living in the Depth of the Ocean

And Then When the Tide Goes Out We'LI Ride that Tide Out with the Sure Knowledge that the Tide Will Come In Again So this Is What Chunka Teaches Us Is that every Fulfillment Is Followed on that

Level but once We'Re Living in the Depth of the Ocean the Fact that the Waves Are Moving on the Surface They Still Move We Did a Little Bit of Scuba Diving I Mean for a Few Years until the Fact that We Were Underwater Just Got-David and I both-Much the Thought of Actually Being under There without any Air Got to Us and So We Didn't Do It Much Anymore

Who Had Bought into the Idea that if I Just Do It Right My Life Is Going To Come Out this Certain Way if I Just Follow these Rules of Manifestation Then the Manifestations I Desire Will Come to Me and They Would Practice It Quite Sincerely but Unsuccessfully and Then Sometimes They'D Sneak Out To Talk to Me because in Who Else To Talk to but the Premise of It Would Always Be What's Wrong with Me Why Doesn't It Work and I Would Be in this Awkward Position of Having To Say It's a It's a Flawed Teaching and No Matter How Hard You Try You Are Not Going To Be Able To Make that Teaching Always Okay but It Works for So-and-So

Wasn't Like I Was Phobic about Pain but It Just Seemed to Me like the Only Point of this Life Was To Find a Solid Way To Manifest Happiness and a Solid Way To Extricate Yourself from Painful Experiences and I Was Very Yogic in the Way That I Approach Life I Remember as a College Freshman My 1 Year Just Being Astonished by some of the Women in My Dorm Who Absolutely Were Suffering Intensely from Wrong Attitudes and Wrong Desires and Would Even Acknowledge Them but Just Had like Virtually no Interest in Actually Shifting Their Commitment to those Attitudes and It Was Just So Puzzling to Me They Would Even Know that this Is Making Them Miserable It Wasn't Just a Question of like Being Helpless in the Face of It

I'LL Add My Testimony to that Briefly by Saying I'M Finding the Same Thing Right Now Even though I So Knew Deeply that the World Did Not Provide Satisfaction and It's What Brought Me To Ananda When We Went We'Ve Had a Recent Many Year Period of Wonderful Things Good Fortune all Kinds of Happy Things I Said to David Many Times I Said Don't Forget Let's Not Forget When Things Get Hard It Just Be Just As Happy about It and Thinks Are Harder Now and It's Harder To Be Happy about It So I Add My Testimony to those Who Have Gone before You Just As Soon as It Sort Of Fades Away You Think Oh Oh I Wanted that Wave To Stay High Longer Yeah and So so It's Fun To Be in the Class He Just Doesn't Enjoy It He Even Complained Recently He Said the Problem Now Is that He Finishes His Project So Fast that the Project That Might Have Sort Of Entertained Him for a Couple of Months Is Now Done in a Week and He Has To Find another One so that's Where He Is Right Now as He Doesn't Just Want To Just Sit There whereas I Would Just Sit There I Mean Probably Not Forever but Longer than He Would that's a Certainty but It's because of His Consciousness Is Not an Affirmation It's His Actual Experience of Pleasure and Pain and that's What I Was Trying To Say about We Have To Just Say You Know I Enjoyed Not Having To Get out of Bed because It Absolutely Was You Know Spared Me of all Responsibility To Put Out Energy

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