

## American Institute Of Vedic Studies

Yoga and Ayurveda  
 Ayurvedic Healing  
 Shiva  
 Tales of the East  
 Ayurvedic Astrology  
 Yoga  
 American Veda  
 Tantric Yoga and the Wisdom Goddesses  
 Immortal Light  
 Arise Arjuna  
 Yoga for Your Type  
 Vedic Yoga  
 A Course in Tranquility  
 Astrology of the Seers  
 Hinduism and the Clash of Civilizations  
 Yoga  
 The Fundamentals of Kootaneeti  
 Art and Science of Vedic Counseling  
 From the River of Heaven  
 Gods, Sags and Kings  
 Oracle of Rama  
 Vedantic Meditation  
 The Astrology of Seers  
 Ayurveda For Modern Life  
 Vedic Physics  
 The Vedic Aryans and the Origins of Civilization  
 The Path of the Yoga Sutras  
 The Myth of the Aryan Invasion of India  
 Ayurveda, Nature's Medicine  
 How I Became a Hindu  
 Neti  
 Kriya Yoga  
 Soma in Yoga and Ayurveda  
 The Yoga of Herbs  
 Yoga Journal  
 Wisdom of the Ancient Seers  
 What is Hinduism?  
 Awaken Bharata  
 Ayurveda and the Mind  
 Yogini

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### **BENTLEY BROOKS**

Yoga and Ayurveda Mandala Publishing

This book provides an excellent introduction to the essence of Hindu Tantrism, discussing all the major concepts and correcting many existing misconceptions.

**Ayurvedic Healing** Bloomsbury Publishing

One of the great gifts of the yogic path is that it returns us to a life of simplicity, even as we go about our lives in a world of growing complexity. Through practice, we ultimately find the freedom to be who we really are, and allow others do the same. This was Patañjali's original intention when he penned his legendary sutras. But when a text is over 2,000 years old, important things can get lost in translation. For today's yoga student looking to take their practice "off the mat and into the world," Nicolai Bachman presents The Path of the Yoga Sutras. By organizing the sutras into 51 core concepts that support the Western student in germinating and blossoming these potent

"seed" teachings, Bachman has created a breakthrough tool for integrating yoga philosophy and practice, whatever your level of experience.

*Shiva* Lotus Press

The neti pot is one of the most popular new methods of personal hygiene and health improvement ... This simple tool for nasal irrigation, coming from the ancient tradition of Yoga and Ayurveda, is a great way to counter nasal congestion, sinus allergies, headaches, and many other health problems ... -- P. [4] of cover.

Tales of the East CreateSpace

The term yoga has many traditional meanings. In Ayurveda, the medical science of India, yoga refers to the right usage and right combination of herbs. A special combination of substances designed to bring about a specific effect upon the body or mind is thus called yoga. This coordinated or integrated usage of herbs is based upon the ancient Ayurvedic science of herbal energetics. This is a system for determining the qualities and powers of herbs according to the laws of nature, so that herbs can be used objectively and specifically according to individual

condition. A yogic usage of herbs implies such an harmonic application of the potencies of herbs. In this book, for the first time, this Ayurvedic herbal science is applied to western herbs, as well as to a few major oriental herbs, both Indian and Chinese. It is the purpose of this book not to present Ayurveda in the distance, as some-thing foreign or anci-ent, but to make it a practically applied syst-em of herbalism. This book is just a presentation of traditi-onal Ayurvedic know-ledge. It attempts to show living Ayurveda, its creative and practical application to changing conditions. It is meant as a bridge between east and west. In this regard, it has been a collaboration of an easterner with profound knowledge of the west and a westerner with profound knowledge of the east.

**Ayurvedic Astrology** Motilal Banarsidass Publishe

Meditation routines, Ayurvedic lifestyle recommendations, and commentary on the Yoga Sutras of Patanjali are included in this work to encourage Self-realization and inner tranquility. Skillful meditation, healthy living, and realization of our Eternal Self are the practices of Kriya Yoga, and it is through our own consistent practice of Patanjali's methods that the lineage of enlightenment

continues. In 2000 Ryan Kurczak was initiated by Roy Eugene Davis, a direct disciple of Paramahansa Yogananda. For six and a half years he served as a minister for Center for Spiritual Awareness. "As you are reading, Ryan is right there with you, quietly telling you, 'Don't forget. You are the Seer, the Eternal Self.' Read this work slowly, attentively, again and again, and your life can be transformed." - Don Salmon, Author, *Yoga Psychology*

*Yoga* Lotus Press

This book is a profound and personal exploration of tantra as a spiritual path. It dwells on the incredible discovery of unfolding shakti or spiritual energy which is the essence of all that we see and experience in life.

*American Veda* Bloomsbury Publishing

The Path of the Rishi is one of the first and most detailed books published in the West on the ancient Vedic origins of Yoga, including all aspects of its philosophy and practice. The book reveals secrets of the Vedic Yoga from the teachings of Sri Aurobindo, Ganapati Muni, Brahmarshi Daivarat, and Swami Veda Bharati as well as Vamadevas own insights. It challenges popular ideas of the meaning of Yoga and brings Yoga back to the vision of the ancient Himalayan Rights.

**Tantric Yoga and the Wisdom Goddesses** Lotus Press

Soma in Yoga & Ayurveda cracks the secret code of "Soma" and de-mystifies the myth and logic about its practical application. Dr. Frawley has clearly outlined that the real fountain of Soma is well within you and tapping into that nourishment will make your life enlightened and blissful.

*Immortal Light* Vivaswaan

Contains a full description of Ayurveda on all levels from diet and herbs to yoga and meditation, explaining both Ayurvedic diagnostic and treatment methods.

*Arise Arjuna* Lotus Press

As yoga gains popularity across the U.S., many people are becoming interested in its traditional Vedic roots. While Buddhist meditation is well represented on bookshelves, there has been little Vedantic philosophy written in lay terms until now. Author David Frawley guides readers through the challenges of cultivating awareness, calming the mind, and practicing meditation according to Vedanta and Hinduism. He examines how cultural knowledge systems in the West lead individuals to disillusionment, and speaks about how meditation can aid in understanding the true nature of one's thoughts, emotions, and perceptions. Frawley explores meditation support practices such as yoga, mantras, kundalini, and pranayama, as well as the role of gurus, and concludes with a short, more technical essay on self-inquiry.

**Yoga for Your Type** Lotus Press

A fascinating look at India's remarkable impact on Western culture, this eye-opening popular history shows how the ancient philosophy of Vedanta and the mind-body methods of Yoga have profoundly affected the worldview of millions of Americans and radically altered the religious landscape. What exploded in the 1960s, following the Beatles trip to India for an extended stay with their new guru, Maharishi Mahesh Yogi, actually began more than two hundred years earlier, when the United States started importing knowledge--as well as tangy spices and colorful fabrics--from Asia. The first translations of Hindu texts found their way into the libraries of John Adams and Ralph Waldo Emerson. From there the ideas spread to Henry David Thoreau, Walt Whitman, and succeeding generations of receptive Americans, who absorbed India's "science of consciousness" and wove it into the fabric of their lives. Charismatic teachers like Swami Vivekananda and Paramahansa Yogananda came west in waves, prompting leading intellectuals, artists, and

scientists such as Aldous Huxley, Joseph Campbell, Allen Ginsberg, J. D. Salinger, John Coltrane, Dean Ornish, and Richard Alpert, aka Ram Dass, to adapt and disseminate what they learned from them. The impact has been enormous, enlarging our current understanding of the mind and body and dramatically changing how we view ourselves and our place in the cosmos. Goldberg paints a compelling picture of this remarkable East-to-West transmission, showing how it accelerated through the decades and eventually moved from the counterculture into our laboratories, libraries, and living rooms. Now physicians and therapists routinely recommend meditation, words like karma and mantra are part of our everyday vocabulary, and Yoga studios are as ubiquitous as Starbucks. The insights of India's sages permeate so much of what we think, believe, and do that they have redefined the meaning of life for millions of Americans—and continue to do so every day. Rich in detail and expansive in scope, *American Veda* shows how we have come to accept and live by the central teaching of Vedic wisdom: "Truth is one, the wise call it by many names."

**Vedic Yoga** Lotus Press

"The Rig Veda is not only one of the oldest sacred scriptures of the world, but also one of the most misunderstood. Past scholarship has dismissed the hymns of the Rig Veda as being expressions of a primitive animistic mentality that only rarely rose to true spiritual and philosophical heights. David Frawley's book demonstrates that this judgmental view is ill-founded. His fine renderings of select Vedic hymns bear witness to the fact that their composers were sages and seers--powerful poets who knew the art of symbolic and metaphoric communication. The Vedic hymns give us a unique glimpse not into a primitive mentality but a mentality and culture that revolved around the highest spiritual values and visions. This is an important and riveting book, ushering in a new and sounder tradition of Vedic interpretation and scholarship." Georg Feuerstein

*A Course in Tranquility* Motilal Banarsidass

Ayurvedic Healing presents the Ayurvedic treatment of common diseases, covering over eighty different ailments from the common cold to cancer. It provides a full range of treatment methods including diet, herbs, oils, gems, mantra and meditation. The book also shows the appropriate life-style practices and daily health considerations for your unique mind-body type both as an aid to disease treatment and for disease prevention. The present edition is an expanded version of the original 1989 edition, covering additional diseases and adding new treatments.

*Astrology of the Seers* Lotus Press

Autobiography of Vedic scholar converts from Christianity.

**Hinduism and the Clash of Civilizations** South Asia Books

This expanded, updated edition is a gateway to the cosmic wisdom of India's ancient sages.

*Yoga* Lotus Press

AYURVEDA AND THE MIND is perhaps the first book published in the West that explores specifically the psychological aspect of this great system. The book explores how to heal our minds on all levels from the subconscious to the superconscious, along with the role of diet, impressions, mantra, meditation, yoga and many other methods to create wholeness. Opens the doors to a new energetic psychology, says Dr. Deepak Chopra, M.D.

*The Fundamentals of Kootaneeti* Lotus Press

Authentic yet easy-to-follow, this is the most accessible, effective and simple guide available to using the complex ancient wisdom of Ayurveda in a modern lifestyle "Brings Ayurveda, and all of its healing power, into the 21st century" Ravinder Bhogal, writer, chef & TV presenter Health journalist and sceptic Eminé Rushton was converted to an Ayurvedic approach during pregnancy,

when she discovered how eating and living according to the ancient Indian principles of Ayurveda rebalances the body for the better. Ayurveda teaches that we each have a dosha - a basic body type that defines our personality and physical wellbeing, from the foods we crave to those that spark intolerances and increase weight gain. This book decodes this 5,000-year-old science of wellbeing specifically for busy, modern lives. It shows just how simple and practical a body-balancing seasonal lifestyle can be, helping you beat stress, lose excess weight and feel energized and positive every day. Ayurveda for Modern Life guides your through the process of determining your dosha type, and teaches how to eat for your own dosha and make your body feel light, vital, energized and well again. It offers a simple 3-day nutrition plan, as well as 20 delicious, seasonal recipes that can be made using ordinary supermarket ingredients. This ultimate guide to living the Ayurveda way also includes expert advice from leading nutritional therapist Eve Kalinik, TCM practitioner Annee de Mamiel and the founder of The Organic Pharmacy, Margo Marrone.

*Art and Science of Vedic Counseling* Mandala Publishing

Lord Shiva is the personification of all the main practices of Yoga, as the origin and ruling power over asana, prana, mantra, inner seeing and meditation. The current book unfolds the presence, light, energy and consciousness of the Supreme Shiva to take us beyond all death and duality.

*From the River of Heaven* North Atlantic Books

Kootaneeti, the Vedic Art of Strategic Living, is a nearly lost Vedic art and science for leaders originally designed to promote the right use of power. For centuries, its teachings helped build sagely empires and create social wellbeing, prosperity and lasting peace. Kootaneeti focuses on how to use the intellect to convert difficulties into strengths by understanding the workings of the human mind. Its teachings can be utilized in adverse situations where the wrong use of power as well as resources prevail and new opportunities remain unrecognized. Both individuals and institutions can benefit from learning the fundamentals of Kootaneeti to neutralize opposition and develop new strategies by special insights and astute efforts. In an age of social, economic, and political uncertainty, Kootaneeti is a useful tool to prepare leaders to address the new challenges involved and achieve their objectives in a sustainable manner. U. Mahesh Prabhu is a seasoned media, management and political consultant who has been researching this subject for over a decade in Vedic texts and teaching it worldwide, along with Dr David Frawley, an internationally renowned and honoured Acharya of Vedic knowledge on many levels. The book presents the ancient secrets of Kootaneeti in a subtle and simple way with practical insights, stories, and parables. The book will not only entertain and educate but will also enlighten you.

*Gods, Sags and Kings* Lotus Press

Today there is a new battle going on over the 'idea of India', with some groups questioning if there ever was any real nation called 'India' prior to the British rule. Challenging this notion are those who claim that India has a profound national and cultural heritage since ancient times and was one of the main centres of civilization in the world, with its own characteristic ideals and practices born of dharma and yoga. The Constitution speaks of India that is Bharata, proclaiming this ancient name for the country. If we look at India as Bharata, the idea of the country and its unique identity and history become clear. Awaken Bharata is a plea for that eternal India to awaken and reclaim its esteemed place as the guru of nations, expressing once more its vast civilizational ethos. The book encourages a new vision of the country, linking its magnificent past with a more brilliant future. It emphasizes the role of a new 'intellectual kshatriya'-intellectual warriors of dharma-to challenge the inimical forces seeking to deny or displace India's great civilization.