



The Doctrine and Practice of Yoga: Including the Practices and Exercises of Concentration, Both Objective and Subjective, and Active and Passive Mentation, an Elucidation of Maya, Guru Worship, and the Worship of the

By A P Mukerji

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Concentration signifies the state of being at a centre (con and centrum). Applied to thought, it is the act of bringing the mind to a single point. Each human being must practise concentration subjectively and objectively. In other words, each human being aims with more or less precision at concentration on a point within and a point without his own world. Concentration without is illustrated when you devote all your attention upon Nature, such as learning a trade, a profession, a science, an art or some form of business. This is Evolution, outgoing or positive mental energy. I shall call this Objective Concentration. Concentration within implies the withdrawing of attention from the external world and the placing of mind on God, Spirit, Heaven, Religion, Peace, Nirvana, Eternity, etc. This is Involution, i.e., incoming or negative energy.



## Reviews

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