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## TRISTIAN ORTIZ

Epics, Myths, and Legends of India Sahitya Akademi

An evolved civilization existed in India, much before the advent of Roman, Greek, Egyptian or Chinese civilizations in this world. And, yet, India is the only country among them, which went into subjugation, in the last millennium. This book gives an insight into its reasons. It also brings out, why Indians are brilliant individually, but collectively, they belong to a third world country. It dwells on their strength and weaknesses developed over 6000 years, which remain unspoken or spoken in disguise. Also, it reflects on the reasons why great men like Shiv, Ganesh, Hanuman and Krishna, who were born just like Christ, Mohammed and Buddha were consigned into mythology. The readers may find much rationality in its bold attempt to reveal the harsh truth. It also provides thought-provoking solutions, to ponder and act.

**Yoga Journal** Harmony

The book, apart from narrating wisdom tales from Indian mythology, introduces the child to the world of new words. The words have been carefully chosen by a panel of experts and are explained in detail at the end of the book in a glossary.

Yoga Journal Harineth Jain

'The World Renewal' English Monthly Spiritual Magazine Published by Brahma Kumaris

*LIFE* Sterling Publishers Pvt. Ltd

In a culture obsessed with happiness, this wise, stirring book points the way toward a richer, more satisfying life. Too many of us believe that the search for meaning is an esoteric pursuit—that you have to travel to a distant monastery or page through dusty volumes to discover life's secrets. The truth is, there are untapped sources of meaning all around us—right here, right now. To explore how we can craft lives of meaning, Emily Esfahani Smith synthesizes a kaleidoscopic array of sources—from psychologists, sociologists, philosophers, and neuroscientists to figures in literature and history such as George Eliot, Viktor Frankl, Aristotle, and the Buddha. Drawing on this research, Smith shows us how cultivating connections to others, identifying and working toward a purpose, telling stories about our place in the world, and seeking out mystery can immeasurably deepen our lives. To bring what she calls the four pillars of meaning to life, Smith visits a tight-knit fishing village in the Chesapeake Bay, stargazes in West Texas, attends a dinner where young people gather to share their experiences of profound loss, and more. She also introduces us to compelling seekers of meaning—from the drug kingpin who finds his purpose in helping people get fit to the artist who draws on her Hindu upbringing to create arresting photographs. And she explores how we might begin to build a culture that leaves space for introspection and awe, cultivates a sense of community, and imbues our lives with meaning. Inspiring and story-driven, *The Power of Meaning* will strike a profound chord in anyone seeking a life that matters.

**Unknown India** Sarada Ramakrishna Vivekananda Associations

Beloved guru Ram Dass tells the story of his spiritual awakening and gives you the tools to take control of your life in this "counterculture bible" (The New York Times) featuring powerful guidance on yoga, meditation, and finding your true self. When *Be Here Now* was first published in 1971, it filled a deep spiritual emptiness, launched the ongoing mindfulness revolution, and established Ram Dass as perhaps the preeminent seeker of the twentieth century. Just ten years earlier, he was known as Professor Richard Alpert. He held appointments in four departments at Harvard University. He published books, drove a Mercedes and regularly vacationed in the Caribbean. By most societal standards, he had achieved great success. . . . And yet he couldn't escape the feeling that something was missing. Psilocybin and LSD changed that. During a period of experimentation, Alpert peeled away each layer of his identity, disassociating from himself as a professor, a social cosmopolitan, and lastly, as a physical being. Fear turned into exaltation upon the realization that at his truest, he was just his inner-self: a luminous being that he could trust indefinitely and love infinitely. And thus, a spiritual journey commenced. Alpert headed to India where his guru renamed him Baba Ram Dass—"servant of God." He was introduced to mindful breathing exercises, hatha yoga, and Eastern philosophy. If he found himself reminiscing or planning, he was reminded to "Be Here Now." He started upon the path of enlightenment, and has been journeying along it ever since. *Be Here Now* is a vehicle for sharing the true message, and a guide to self-determination.

The Rough Guide to Nepal A&C Black

Until less than a century ago, the two prevailing views of dreams as well as of souls were that they are inconsequential (the scientific view) or of divine origin (the religious view). In either case it was assumed that they cannot be objects of rational inquiry. Similar views still prevail regarding mystical experiences and mysticism in general. Modern Western opinion, whether friendly or hostile, holds that the mystical falls squarely within the domain of the irrational. Mr. Staal argues that mysticism can be studied rationally, and that without such study no theory of mind is complete. He exposes the grounds for the belief that mysticism cannot be studied, and shows them to be prejudices issuing from a particular historical development. While his contention has unflattering implications for the contemporary study of the humanities in general, it reveals in particular that existing academic approaches to the study of mysticism, even those that appear sound, are in fact inadequate. This conclusion applies to a variety of dogmatic inquiries and, as becomes clear in these pages, to philological, historical, phenomenological, sociological, physiological, and psychological ones as well. The illustrations in *Exploring Mysticism* are drawn mainly from Indian forms of mysticism such as Yoga, supplemented with Buddhist, Taoist, Muslim and Christian examples.

India Condensed Indus Publishing

In India, religion continues to be an absolutely vital source for social as well as personal identity. All manner of groups--political, occupational, and social--remain grounded in specific religious communities. This book analyzes the development of the modern Hindu and Sikh communities in North India starting from about the fifteenth century, when the dominant bhakti tradition of Hinduism became divided into two currents: the sagun and the nirgun. The sagun current, led mostly by Brahmins, has remained dominant in most of North India and has served as the ideological base of the development of modern Hindu nationalism. Several chapters explore the rise of this religious and political movement, paying particular attention to the role played by devotion to Ram. Alternative trends do exist in sagun tradition, however, and are represented here by chapters on the low-caste saint Chokhamel and the tantric sect founded by Kina Ram. The nirgun current, led mostly by persons of Ksand artisan castes, formed the base of both the Sikh community, founded by

Guru Nanak, and of various non-Brahmin sectarian movements derived from such saints as Kabir, Raidas, Dadu, and Shiv Dayal Singh. Two chapters discuss the formation of a distinctive Sikh theology and a Sikh community identity separate from that of the Hindus. Other chapters discuss the validity of the sagun-nirgun distinction within Hindu tradition and the interplay of social and religious ideas in nirgun hagiographic texts and in sectarian movements such as the Adi Dharma Mission and the Radhasoami Satsang.

*Yoga Journal* Oxford University Press, USA

Following the world tradition of celebrating the Holy Names of God, the author has chosen 108 names, significant of the 108 beads in a rosary which is used during prayer. Lord Hanuman is a popular and favorite deity among the masses. Blessed with eternal youth and longevity, he can fly and change his form at will. Well known for his loyalty and devoted services to Lord Rama, he is worshipped as Sankat Mochan, one who dispels distress, and brings happiness to one. Call him Kapeeshwara (Lord of Monkeys); Pragnya (Scholar); Ramadhuta (Ambassador of Rama) or Mahatmane (Supreme Being). They are all different names of Hanuman, the chanting of which evokes in us a religious fervour and helps us focus on the Almighty.

Arts of Asia Penguin

Kitty's mother, Marina, is both utterly beguiling and terrifyingly embarrassing, and more often than not Kitty can only gaze on her antics with awe and toe-curling trepidation. But as Kitty grows up it becomes clear that perhaps Marina isn't the most exemplary of parents, and that sometimes a girl might have to put herself first. Sophie Dahl writes with a keen eye, a warm heart and wonderful lyricism about a coming-of-age that's quite unlike any other.

**The Rough Guide to Nepal** Rough Guides UK

The 'Giradhara Ramayana' In Gujarati, Was Composed By Giradhara, A Great Son Of The Soil, In Gujarati Language. The English Version Of The Text Now Produced, Will Surely Interest The Readers In Country And Abroad.

*Walking the Wisdom Path* Brahma Kumaris

This Monograph Surveys Religion At Vijayanagara, Primarily From The Data Available From Its Monuments. The Fifteenth Century Saw The Royal Sponsorship Of The Cults Of Rama And Vithala; The Latter Grew From Strength To Strength, Until In The Last Quarter Century Before The City's Destruction The Vithala Complex Became The Foremost Religious Centre In The City. The Sixteenth Century Witnessed The Promotion Of The Vaishnava Cults Of Tiruvengalanatha, Ranganatha And Krishna As Well As Intense Temple-Building Activity. Alongside The Different Sanskrit Cults, There Was Also The Worship Of Minor And Folk Deities. Apart From Hindu Sects, Jainism And Islam Were Also Extant At Vijayanagara. Pluralism Characterised The Religious Life And Activities At Vijayanagara, Yet An Undercurrent Of Sectarian Tension Is Also Evident.

*Standing at the Edge* Marshall Cavendish International Asia Pte Ltd

For more than 30 years, *Yoga Journal* has been helping readers achieve the balance and well-being they seek in their everyday lives. With every issue, *Yoga Journal* strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds. We are dedicated to providing in-depth, thoughtful editorial on topics such as yoga, food, nutrition, fitness, wellness, travel, and fashion and beauty.

**Little Monk's Hanuman** Sarada Ramakrishna Vivekananda Associations

According to Vālmiki's Sanskrit Rāmāyaṇa (early centuries CE), Śambūka was practicing severe acts of austerity to enter heaven. In engaging in these acts as a Śūdra, Śambūka was in violation of class- and caste-based societal norms proscribed exclusively by the ruling and religious elite. Rāma, the hero of the Rāmāyaṇa epic, is dispatched to kill Śambūka, whose transgression is said to be the cause of a young Brahmin's death. The gods rejoice upon the Śūdra's death and restore the life of the Brahmin. Subsequent Rāmāyaṇa poets almost instantly recognized this incident as a blemish on Rāma's character and they began problematizing this earliest version of the story. They adjusted and updated the story to suit the expectations of their audiences. The works surveyed in this study include numerous works originating in Hindu, Jain, Dalit and non-Brahmin communities while spanning the period from Śambūka's first appearance in the Vālmiki Rāmāyaṇa through to the present day. The book follows the Śambūka episode chronologically across its entire history—approximately two millennia—to illuminate the social, religious, legal, and artistic connections that span the entire range of the Rāmāyaṇa's influence and its place throughout various phases of Indian history and social revolution.

108 Names Of Hanuman NYU Press

The Rough Guide to Nepal offers an insider's guide to Nepal, from its 'Tantric' temples to its lively bars. It details all the finest Himalayan treks, with practical, up-to-date and expert advice on where to go when and what to take. It covers all the National Parks, offering advice and information on everything from tracking wildlife to hiring elephants. Dedicated chapters are devoted to mountain biking, white water rafting and other adventure sports, and there is unrivaled detail on Buddhism, Hinduism and the numerous ethnic groups that make Nepal a unique destination. The Rough Guide to Nepal also contains scores of detailed maps, covering everything from Pokhara and the Chitwan National Park to the Everest Base Camp trek. Originally published in print in 2012. Make the most of your time with The Rough Guide to Nepal. Now available in ePub format.

**The Religious Experience** Rough Guides UK

Don't you know about Orchha in India? Orchha is a very bewitching dinky town near Jhansi, Madhya Pradesh. It has a flawless serene, vintage feeling and vibrant icy-cold wind in winter where you can experience a vintage fort, abandoned peaceful sanctuary, emerald green gardens, slow-witted peace, religious eminent temples, and, exceptionally significant, a sacred expeditious Betwa River. And indeed, the town is only expanded in an area of 2KMs and situated near the banks of Betwa River. There's no life that has no desolation, but there's every life that has some contentment. In this stirring *Deep, Dark & Delicious* Novella, Deepak Gupta tells the tale of two diverse personalities whose lives become intertwined in unexpected ways. Follow the story of The Talkative Man, Vedant and the silent one, Rishi as they search for success and peace, respectively, and discover how, despite their differences, they both ultimately strive to reach a place of understanding. As the tale moves forward, they face the desolation of life and seek contentment, weaving a narrative of the complexities of being human. Along the way, they discover that there can be truth in both the talking and the silence. You know, two people talk too much, but when they get separated, they gulp every inch of silence deeply. Through their interactions and journeys together, the two men learn from each other and discover that each has something to offer the other. They come to understand

each other's perspectives and find moments of joy, peace, and contentment in their lives. From its themes of desolation and contentment to its exploration of the clash between ambition and tranquillity, *The Talkative Man* is an engaging, thought-provoking, most unrealistic yet true story of two men and their peculiar world of deeply moving examination of the duality of life. At its core, the tale is about the power of conversation to bridge divides, build understanding, create connections, & about finding contentment and peace, even in the midst of desolation. Sometimes we all want is loving too much to someone but suppress ourselves, so, we don't feel too much attachment & emotions. We try to walk away because we can't do anything about it. Everything seems drowned in something that can't be explained in words.

**The Rough Guide to Nepal** Inspirational Publishing

The Rough Guide to Nepal is the ultimate travel guide with clear maps and detailed coverage of all the best attractions Nepal has to offer. Discover the vibrant regions of Nepal from the easternmost tea hills of Ilam to the wildlife-rich jungle of the far west, and from the high Himalayas to the Kathmandu Valley. Fully updated and reshaped after the country's recent change in government, The Rough Guide to Nepal contains in-depth accounts of all Nepal's highlights from Hindu temples and Buddhist stupas to wildlife reserves and spectacular mountain viewpoints in Nepal. Colour sections explore Nepal's ethnic hill peoples and dramatic mountain trails whilst expert accounts offer an introduction to the history, culture and natural life of this exciting and resurgent country. Find detailed practical advice on what to see and do in Nepal whilst relying on up-to-date descriptions of the best hotels in Nepal, bars in Nepal and restaurants in Nepal for every budget. This Rough Guide to Nepal includes an extensive section on trekking with practical advice and maps on the best places to trek, raft and mountain bike. Make the most of your holiday with The Rough Guide to Nepal

*Be Here Now* Anthem Press

Man`S Quest For Truth Includes, Besides His Other Efforts Pilgrimages To Various Shrines And Far-Flung Holy Places. This Book Has A Special Significance With Mani-Mahesh-Yatra In Shamba-Kailash As Its Central Theme.

**Ekadash Rudra Shiva** AuthorHouse

The Rough Guide to Nepal is the most passionate and knowledgeable guide to this inspiring country. Discover Nepal's highlights with stunning photography, itineraries and colour-coded maps, plus detailed, up-to-date descriptions of the country's best restaurants, lodges, shops and hotels, for all budgets. There's solid practical advice on what to see and do, from rooftop bars in Kathmandu to meditation retreats in Boudha, and from riverside adventure resorts on the Bhote Koshi to tiger-spotting safaris in Chitwan and Bardia national parks. All the finest Himalayan treks are covered in detail, from the Annapurna Sanctuary and Everest Base Camp treks to the less-trodden trails of the Upper Mustang. Dedicated chapters are devoted to mountain biking and whitewater rafting, and there is unrivalled detail on Buddhism, Hinduism and the many ethnic groups that make Nepal a unique destination.

**Ram Krishna Paramhansa** State University of New York Press

An expansive collection of essential texts from spiritual leaders of all major South Asian religions *Indian Religions* is an expansive collection of the key written and oral texts by spiritual teachers from South Asia, covering 3,500 years and all the major traditions-Buddhism, Jainism, Hinduism, Islam, Sikhism, and "new" Indian religions. The volume provides clear translations of extracts from original documents and texts from most of the well-known and many of the lesser-known individuals and traditions. Overlapping parts and sections each comprise a historically and thematically defined stage of a tradition. The reader is thus able to follow the chronological development of the various traditions without isolating them from one another. Each section includes a context-setting introduction which provides historical, cultural, and textual background. A general introduction lays the foundations for the text's theoretical framework and approach. *Indian Religions* is the most complete and best-organized anthology of Indian religious/spiritual texts published to date. It serves as an introduction to the history of religions in South Asia, and will appeal to readers interested in India and Eastern religions as well as students of religion and South Asian culture.

**Nectar #22** Notion Press

The Book Consists Of Papers Presented At The International Seminar On 'Variations In Ramayana In Asia: Their Cultural, Social And Anthropological Significance: New Delhi 1981.