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among these, Raja Yoga is popularly known as just "Yoga"; and similarly, Jnana Yoga is known as just "Vedanta". Of the four paths, again, Raja Yoga is the one which is the most scientifically organised. It is also known as Ashtanga Yoga or the Yoga of Eight Steps, each step or rung leading in logical progression to the next one.

The Philosophy, Psychology and Practice of Yoga

Practical Yoga Psychology is an attempt to simply blend the teachings of yoga with those of psychology, psychiatry and other branches of western science to give us an overview of the human personality, an idea of where we are going and guidelines to proceed on our journey.

Practical Yoga Psychology: Dr Rishi Vivekananda

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references to Yoga in Upanis ads such as "Āśvetāvatara Upanis ad (II- 8-13)4 and Kathopanis ad (II-3-11)5. All these substantiate the antiquity of the of Yoga tradition. The systems of Indian philosophy, in spite of their disagreement with the Yoga metaphysics, accept the practice of Yoga as a practical means to self-realisation.

CHAPTER IV THE PSYCHOLOGY OF YOGA - Shodhganga

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Yoga psychology is the theoretical basis for yoga psychotherapy. Yoga psychotherapy plays a vital role in the

successful treatment and management of physical, psychological and spiritual conditions. When combined with Western psychotherapeutic approaches it creates a powerful holistic approach to long-term healing.

Yoga Psychology and Psychotherapy – Theory and Practice

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KEYWORDS: somatic psychology, trauma, yoga, neuroscience, mindfulness. Psychology is a field in the making. Whereas many of the wisdom traditions have been developing philosophies and methods to address the great questions facing humanity for thousands of years, Western psychology is just over a hundred years old.

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PSYCHOLOGY OF YOGA AND YOGA PSYCHOLOGY | Dr. Kiran Kumar

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