



An Introduction to Yoga

Annie Wood Besant

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"[...] Lecture I THE NATURE OF YOGA In this first discourse we shall concern ourselves with the gaining of a general idea of the subject of Yoga, seeking its place in nature, its own character, its object in human evolution. The Meaning of the Universe Let us, first of all, ask ourselves, looking at the world around us, what it is that the history of the world signifies. When we read history, what does the history tell us? It seems to be a moving panorama of people and events, but it is really only a dance of shadows; the people are shadows, not realities, the kings and statesmen, the ministers and armies; and the events—the battles and revolutions, the rises and falls of states—are the most shadowlike dance of all. Even if the historian tries to go deeper, if he deals with economic conditions, with social organisations, with the study of the tendencies of the currents of thought, even then he is in the midst of shadows, the illusory shadows cast by unseen realities. This world is full of forms that are illusory, and the values are all wrong, the proportions are out of focus. The things which a man of the world thinks valuable, a spiritual man must cast aside as[...]".

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Spent a free time and energy to be fun activity to do! A lot of people spent their down time with their family, or all their friends. Usually they doing activity like watching television, about to beach, or picnic within the park. They actually doing same task every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your totally free time/ holiday. The first thing that you'll ask may be what kinds of reserve that you should read. If you want to try out look for book, may be the book untitled An Introduction to Yoga can be great book to read. May be it could be best activity to you.

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