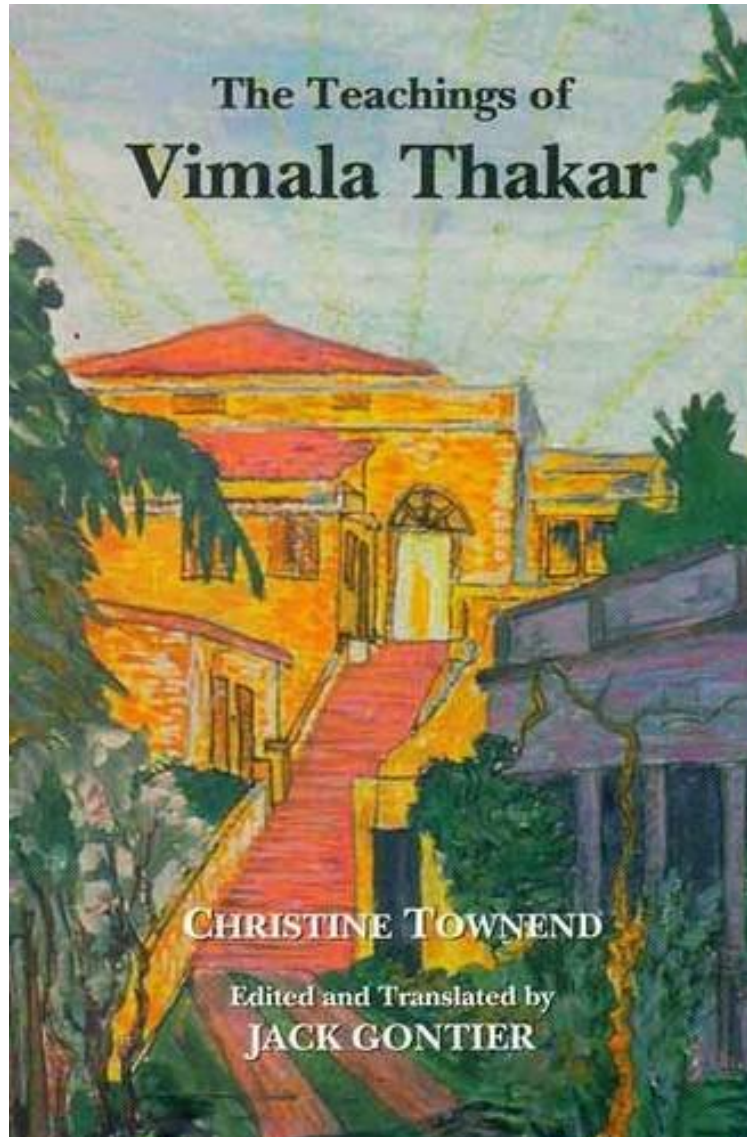


Teachings of Vimala Thakar

Christine Townend

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Christine Townend : Teachings of Vimala Thakar before purchasing it in order to gauge whether or not it would be worth my time, and all praised Teachings of Vimala Thakar:

2 of 2 people found the following review helpful. A nice compilation by Clyde M Crawford This is a very nice compilation of quotes from Vimala Thakar a great modern sage by her student Christine Townend. The selection mostly concerns the practice of enquiry of Jnana yoga and what constitutes authentic meditation. Townend's commentary based on Theosophy and the teachings of Alice Bailey is a little distracting. Over all a superb look at the

process of meditation that leads to Realization. I'm sorry I never met Vimalaji. 0 of 0 people found the following review helpful. this is an excellent book for the advanced sadhak who wish to progress ...By Ramesh Shahthis is an excellent book for the advanced sadhak who wish to progress spiritually. I have read her book in my own native language and this one is another from Christine Towned. I certainly recommend to read 0 of 0 people found the following review helpful. Great hidden female yogiBy ShopperLove her. Well written. One of sadly very few autobiographies of female yogis.

Vimala Thakar is a 'hidden Master' who, during much of her lifetime travelled the world on invitation, teaching small groups about the nature of spiritual inquiry. Her talks were recorded and published. In later years she gave commentaries on some of the major Upanishads, including the Bhagavad Gita and Yoga Sutras of Patanjali. This compilation, written with Vimalaji's support, is an attempt to draw together the most important highlights of her Teaching, together with introductory commentary and a glossary to explain her code words. The reader will gain a profound insight into Vimalaji's revelatory understanding of the Thatness which is both one's own Self, and the unchangeable, all-pervading Energy which underpins all life.