



# Yoga and Ayurveda: Self-Healing and Self-Realization

*David Frawley*

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## **Yoga and Ayurveda: Self-Healing and Self-Realization** David Frawley

'Yoga and Ayurveda' together form a complete approach for optimal health, vitality and higher awareness. Yoga and Ayurveda reveals to us the secret powers of the body, breath, senses, mind and chakras. More importantly it unfolds transformational methods to work on them through diet, herbs, asana, pranayam and meditation. This is the first book published in the West on these two extraordinary subjects and their interface. It has the power to change the lives of those who read and apply it. This new book highlights the close connection between Yoga and Ayurveda, both of which are fundamental holistic disciplines. They intersect in the concept of somatic and psychospiritual wholeness. Yoga focuses on spiritual integration through self-transcendence culminating in Selfrealization. Ayurveda focuses on psychosomatic integration through comprehensive health-care culminating in openness to self-transcendence and Self-realization. Both Yoga and yurveda are enjoying immense popularity in the West at the moment. But both disciplines are also subject to considerable distortion. David Frawley's new book could not have been more timely. It offers a most valuable overview of the connecting points between Yoga and Ayurveda and shows how both disciplines are relevant to contemporary spiritual practice. In particular, this book contains many helpful practical pointers, which will help you to understand your constitutional type in Ayurvedic terms. This, in turn, will assist you in choosing the right kind of yogic postural or meditation practice. The yogic path is intrinsically challenging, and wise practitioners welcome any information that will benefit them even a little bit. If you have arrived at the understanding that life is a pilgrimage that ends (or really begins) with enlightenment or liberation (moksha), then you will find this book to be an indispensable guide.

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