



Yoga, der indische Erlösungsweg (German Edition)

Anja Brandl

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Von Anja Brandl

ABSTRACT

Thema dieser Arbeit ist das komplexe, philosophische System des indischen Yoga, das sich in erster Linie mit Bewusstseinsmodalitäten auseinandersetzt und die Erlösung von dieser Welt durch die Einswerdung mit einem unpersonifizierten Gott, der bereits im Innern eines jeden Menschen angelegt ist, anstrebt. Das Mittel dazu ist in erster Linie die meditative Praxis, die anhand der Samyama - Meditation genauer beschrieben wird.

Anhand dieser Beschreibungen wird in dieser Arbeit deutlich gemacht, dass es beim klassischen Yoga überhaupt nicht darum geht, irgendeine Form von Heil oder spiritueller Lebensqualität in dieser Welt zu erlangen. In seiner klassischen Form besteht der Yoga vielmehr auf einer kompromisslosen Überwindung dieser Welt, die mit den zahlreichen Yoga-Systemen der heutigen Zeit wenig wenn nicht gar nichts gemeinsam hat.

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