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Yoga (/ ˈj oʊ ˈɛ ˈj ɔ ˈeɪ /; Sanskrit: योग; pronunciation) is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six orthodox schools of Hindu philosophical traditions. There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. The term "yoga" in the Western world often denotes a ...

### **Yoga - Wikipedia**

Goal of the Three Streams: The goal of our sadhana or practices is the highest Joy that comes from the Realization in direct experience of the center of consciousness, the Self, the Atman or Purusha, which is one and the same with the Absolute Reality. This Self-Realization comes through the three streams of: 1) traditional Yoga\* meditation of the Yoga Sutras, 2) the contemplative insight of ...

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Traditions, transmissions and lineages. Shugchang, et al. (2000: p. 17) frames the importance of dreams and dream yoga in relation to maya and gyulu of the Buddhist tradition originating from Buddha Shakyamuni: . Buddha Shakyamuni often told his disciples to regard all phenomena as dreams.

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