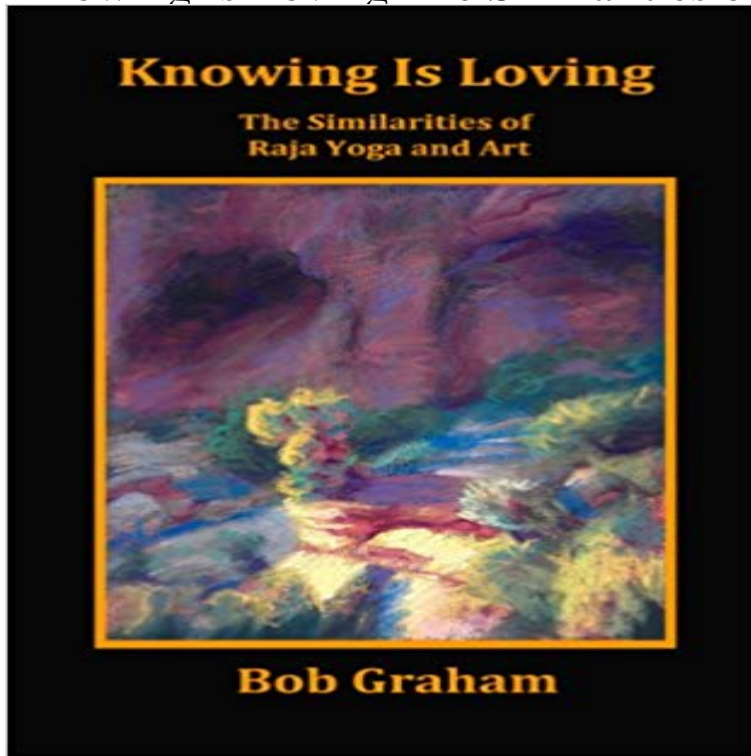


## Knowing Is Loving The Similarities of Raja Yoga and Art



Yoga and Western Art collide and find a loving fellowship in this short and practical book of simple techniques. The text and paintings challenge the reader to see and experience the moment in an uncommon way. From ancient India comes Classical Yoga, about how to still the fluctuations of the mind. From Western Art comes the understanding of how to perceive and depict light. The parallels between these two different disciplines offer a better understanding of each and how the objectives are ultimately one and the same. Is beauty eternal and can perception of it can be improved? How can the thoughts be switched off? What secret did the Impressionist possess that gave their paintings light? How does Classical Yoga describe the mind, its characteristics and innate abilities? Curiosity is a search program. Wanting to know is the same as wanting to be loved. Paintings by the author during his own spiritual quest provide the artistic backdrop for this book of hope for the future.

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