



Jnana-Yoga - ein Kurzüberblick (German Edition)

Lev Esipovich

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Studienarbeit aus dem Jahr 2007 im Fachbereich Sport - Sportökonomie, Sportmanagement, Note: 1,0, Ostfalia Hochschule für angewandte Wissenschaften Fachhochschule Braunschweig/Wolfenbüttel (Karl-Scharfenberg-Fakultät, Sportmanagement), Veranstaltung: Methodik und Didaktik von Sportarten - Yoga, Sprache: Deutsch, Abstract: Seit jeher haben sich die Menschen, unter dem Durst nach Wissen leidend, zahlreiche Grundfragen gestellt, solche wie: „Wer bin ich? Woher kommt die Welt? Was ist der wahre Sinn des Lebens? Was ist die absolute Wirklichkeit?“. Nur Einzelnen ist es aber nach einem lebenslangen Weg der Suche nach der Erkenntnis gelungen, die absoluten Schlussfragen „der letzten Wahrheit“ zu beantworten. Der Drang des Menschen nach Wissen, wobei Wissen eine der drei göttlichen Mächte darstellt (die anderen zwei sind Liebe und Wille), zeugt von dem Streben, seine Seele „zum Göttlichen Wesen“ aufsteigen zu lassen.

Das Ziel dieser Hausarbeit ist es somit, den Weg des Wissens (Jnana-marga) im Zusammenhang mit der Vedanta-Philosophie darzustellen. Dieser Pfad des Yoga wird also im Folgenden so besprochen, wie ihn der große indische Meister Shankara in seinen Werken darstellt. Besonders wird auf die drei Körper und die fünf Hüllen des Menschen sowie deren Transzendenz als grundlegende Themenbereiche des Jnana-Yoga eingegangen.

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