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THE MIND A MYSTERY The vast majority of men know not the existence of the mind and its operations. Even the so-called educated persons know very little of the mind subjectively or of its nature and operations. They have only heard of a mind. Western psychologists know something. Western doctors know only a fragment of mind.

Mind--Its Mysteries and Control

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The Hatha-Yoga-Pradipika I.27. Comments: While practicing this posture imagine yourself as an archer with the gaze focused on the target and the arrow firmly yet gracefully being pulled back in the bow. Hold the posture steady as an archer would hold the arrow aimed at its target. Return the foot to the floor gently.

Yoga Postures Step By Step - Aryasamaj

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