

TEACHINGS OF YOGA DARSANA: ASSUMPTIONS AND PRACTICES

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The present paper aims at explaining the assumptions and practices which Yoga Darsana puts forward. The purpose behind writing this paper is to reveal the realization that Yoga Darsana aims at making our living meaningful to ourselves and to others living with us. It should not be a false claim on our part that we are human beings full of compassion and mindfulness. If there is compassion then the mind must be free from the hurdles of expressing it. Yoga prescribes ways and means to free the mind.
