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each of these five are explored as separate objects in yoga meditation. the vayus have a ... its meanings. so ... comes through yoga meditation of the yoga ...

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samprajnata samadhi or concrete ... if you concentrate and meditate on the gross objects, ... when the mind apprehends a word and meditates on its meaning and form ...

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about the yoga and its objects. this essay sets down some of the aims and objectives of the integral yoga: "to work out the will of the divine in the world, ...