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Meditation Yoga

Written by Masahiro Oki, originally in Japanese
Translated by Mizue Tamaki and Belia Biesheuvel
With words by Dr Nathmal Tatia, ex-president of Nalanda University
Published by Stichting Okido Yoga Dojo Nederland

Pages: 259

Dimensions: 21.0 x 14.9 x 1.8 cm

Price: £24 plus P & P

Completed in 2001, this is faithful translation of the original Japanese edition. Useful for our daily thinking as well as for academic studies. This is a book to be read many times to discover the deep meanings of its contents.



“To have faith is to have unshakeable confidence in the ultimate benign nature of the universe and Life-force.”

Contents:

Chapter I WHAT IS YOGA?

Chapter II BASIC TRAINING

- A. The Eight Stages of Yoga
- B. The first stage of Yoga: Yama (Cautions)
The Establishment of the Correct Attitude of Mind-heart
- C. The Second Stage of Yoga: Niyama (Recommendations)
- D. The Third Stage: Āsana and Dōzen
The Way to Create Correct Physical Balance
- E. The Fourth Stage of Yoga: Prānāyāma (Diet and Breath Control)
- F. The Fifth Stage of Yoga: Pratyāhāra
Self-Control, Control of the Senses

Chapter III MEDITATION DISCIPLINE

- A. The Depth and Breadth of Yoga Meditation
- B. The Real Meaning of Concentration and Detachment
- C. The Sixth Stage of Yoga: Dhāranā
- D. The Seventh Stage of Yoga: Dhyāna
- E. The Eighth stage of Yoga: Samādhi and the Highest State: Universal Joy

Chapter IV ACTUAL PRACTICE

- A. Meditation Discipline in the Dōjō
- B. A Holy Man I Met in Prison
- C. The Use of Fear in Mystical Esoteric Religious Training

Practical Yoga

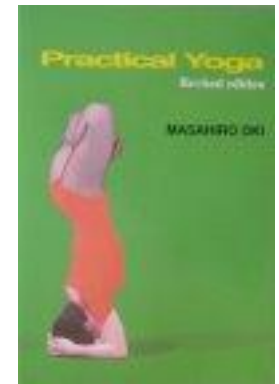
Written by Masahiro Oki, originally in Japanese
Revised and published by Stichting Okido Yoga Dojo Nederland

Page: 132

Dimensions: 26.0 x 18.7 x 1.1cm

Price: £20 plus P & P

This book gives practical instructions and step-by-step photographic analyses of yoga poses, corrective exercises, hara-strengthening exercises, purification exercises and breath control.



Please see **Page 2** as well.

Last Lectures

Lecture series of Masahiro Oki
 Edited by Stichting Okido Yoga Dojo Nederland
 Published by Stichting Okido Yoga Dojo Nederland

Pages: 52
 Dimensions: 20.5 x 14.5 x 0.4 cm
 Price: new print £8.50 plus P & P
 : old print £4.00 plus P & P

The lectures in this booklet were given during
 Master Oki's teaching tour in Europe between
 22 June and 23 July 1985.



new print



Old print

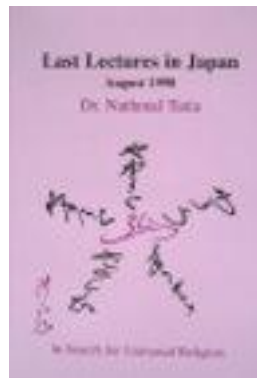
Last Lectures in Japan

Lecture series of Dr. Nathmal Tatia
 Edited by Maartje van Hooft and Mizue Tamaki
 Published by Stichting Okido Yoga Dojo Nederland

Pages: 135
 Dimensions: 25.1 x 17.0 x 1.0 cm
 Price: £20 plus P & P

The lectures in this book, given in Japan
 in 1998, are on comparative religion and culture
 between Japan and India.

Dr. Tatia studied Jainism and Buddhism, and in 1951 he got his degree of Doctor in Literature on Jaina Philosophy from Calcutta University. From 1952 till 1977 he was a professor of Buddhist Philosophy and the director at Nalanda Mahavihara, and a professor of Jaina Philosophy and the director at Vaishali Research Institute, Government Bihar. From 1977 till 1997 he was the director of the Jain-Institute at Ladnun. He translated many Pali and Sanskrit classics, and was a guest professor of the Harvard University.

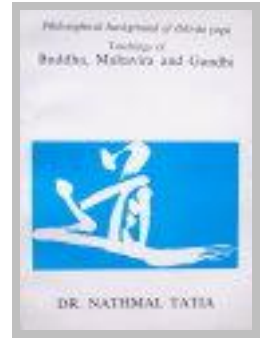


Philosophical Background of Oki-do yoga: Teachings of Buddha, Mahavira and Gandhi

Distributed by Stichting Okido Yoga Dojo Nederland
 and Okido Natural Health Education Trust Ltd

Pages: 61
 Dimensions: 20.7 x 14.7 x 0.5 cm
 Price: £5.50 plus P & P

This booklet is a record of Dr. Nathmal Tatia's
 lectures during the Golden Week seminar and
 the Life Encounter seminar in Japan in April and May in 1986.



Kyoka-ho: Strengthening Your Life Force

Written by Masahiro Oki
 Translated by Mizue Tamaki and others
 Edited by Ronald Boin and others
 Published by Stichting Okido Yoga Dojo Nederland
 Pages: 235
 Dimensions: 23.4 x 16.5 x 1.4 cm
 Price: £30 plus P & P

