

Download At War With Time : The Wisdom Of Western Thought From The Sages To A New Activism For Our Age

The history of Western ethics Ancient civilizations to the end of the 19th century The ancient Middle East and Asia. The first ethical precepts must have been passed down by word of mouth from parents and elders, but as societies learned to use the written word, they began to set down their ethical beliefs. Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state. Historical Survey. Yoga has a long history. It is an integral subjective science. The very earliest indication of the existence of some form of Yoga practices in India comes from the Harappan culture which can be dated at least as far back as 3000 B.C. JSTOR is a digital library of academic journals, books, and primary sources.