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In discussing yoga's fundamental commitments, Phillips explores traditional teachings of hatha yoga, karma yoga, bhakti yoga, and tantra, and shows how such core concepts as self-monitoring consciousness, karma, nonharmfulness (ahimsa), reincarnation, and the powers of consciousness relate to modern practice.

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Yoga, Karma, and Rebirth: A Brief History and Philosophy

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Katha Upanishad, Patanjali Yoga Darshan and Brahma Sutra do talk briefly about the rebirth of soul in human form and how it can also be transformed into various species 43. Patanjali Yoga says, "The transformation of one species into another is caused by inflowing of nature. ... Death, karma and reincarnation ...

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Yoga provides the tools to help us tune in to our dharma and to choose our actions in the present moment. All we can do is keep showing up, unrolling the mat, and participating in life's infinite flow.

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