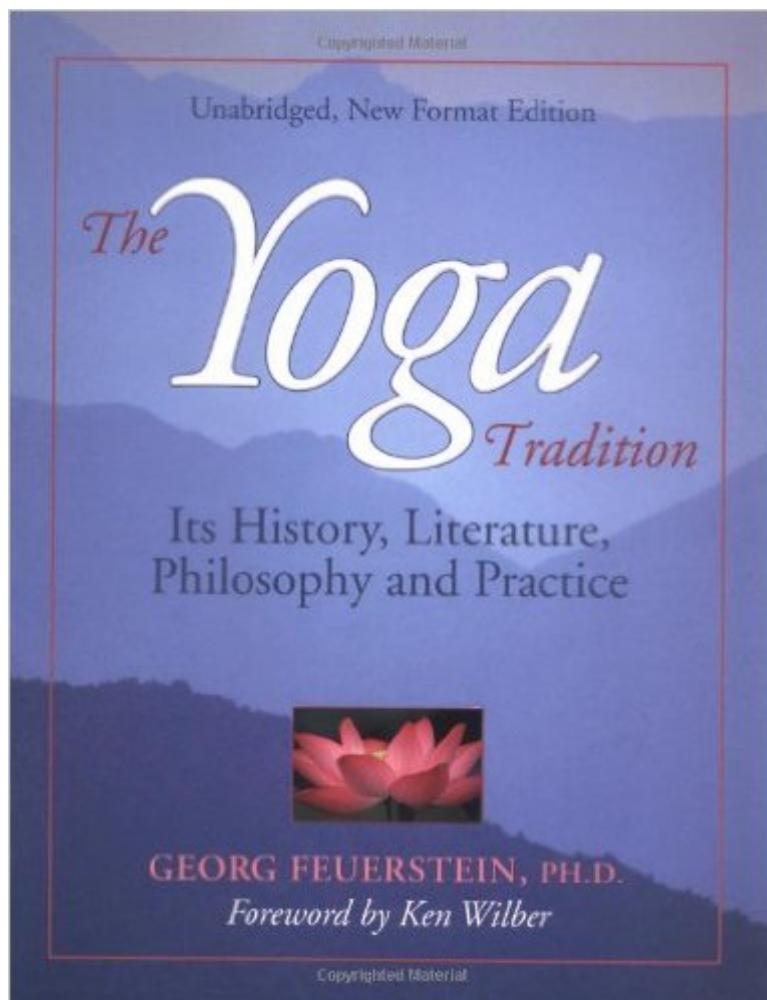


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# The Yoga Tradition: Its History, Literature, Philosophy And Practice



## **Synopsis**

From the foremost living authority on Yoga comes the most comprehensive and reliable treatment of the subject available today. This is a work of impeccable scholarship by a person who has dedicated his life to the understanding and practice of yoga. The book offers a complete overview of every Yogic tradition, from the familiar to the lesser-known forms. It also covers all aspects of Hindu, Buddhist and Jaina Yoga, including history, philosophy, literature, psychology and practice. In addition, included are translations of twenty Yoga treatises and the first translation of the Goraksha Paddhati.

## **Book Information**

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## **Customer Reviews**

This extraordinary work represents a lifetime of devotion to yoga by its preeminent Western scholar. It is at once a distillation and compilation of all that Georg Feuerstein has gleaned in his extensive travels both academically and spiritually. It greatly broadens the usual scope of yoga to include its manifestation in other religions and goes back in time to the edge of the prehistory. Feuerstein understands that yoga is both an ancient practice, and, by itself, a profound and venerable religion. More than anything, however, it is a salient expression of the culture and philosophy, the lifestyle and history of the Indian subcontinent where it was the midwife of the great religions of Buddhism, Jainism, Taoism and of course that great body of belief and practice known as Hinduism. Feuerstein is in one sense a true believer. He has devoted his life to the study of yoga and attendant phenomena, in particular Hinduism and the broad Tantric tradition. One gets the sense that even here in this lengthy work, he knows much more than he is conveying; that there is a synergistic

power in his extensive knowledge that allows him to know things that he cannot express. One feels his intense desire to say something that perhaps cannot be said, something spiritual and personal that can only be experienced. In another sense he is a hard-working scholar who reports on what he has learned without passing unnecessary judgments or drawing unwarranted conclusions, although he does interpret. He is, in this sense, the American expression of the great Romanian scholar Mircea Eliade (who wrote in French) with perhaps a pinch of the Indian philosopher Sri Aurobindo, on the one hand, and the English tantrist Sir John Woodroffe, on the other, folded in.

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