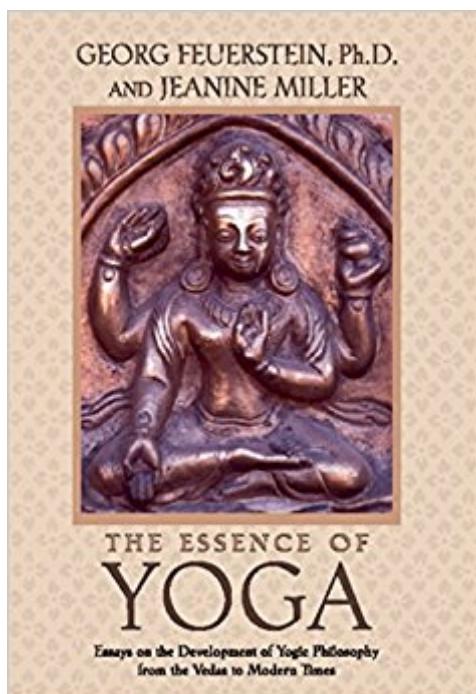


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The Essence Of Yoga: Essays On The Development Of Yogic Philosophy From The Vedas To Modern Times



Synopsis

A collection of classic essays by two highly regarded scholars on the development of yoga and its rapport with other religious traditions. Georg Feuerstein, one of the world's foremost scholars of yoga, and Jeanine Miller, long recognized for her insightful commentaries on the RgVeda, here pool their considerable talents in a look at the development of yogic thought across the ages and its similarities with the Christian mysticism of Meister Eckhart. Two of their essays included here, one concerning the essence of yoga and the other looking at the meaning of suffering in yoga, have long been singled out by indologists for correcting prevalent misconceptions and providing a conceptual framework for many of the subsequent studies in that field. The reprinting of these important essays in *The Essence of Yoga* gives new readers a chance to share some of the authors' earliest insights into yoga and their deep conviction that these discoveries are of the highest significance for a proper understanding of the human condition.

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"Feuerstein's voice is sane and solid, careful and compassionate, and yet he always sheds new light and understanding on even the most mundane of topics." (Ken Wilber, author of *Sex, Ecology, Spirituality*) "Feuerstein and Miller are long recognized as authorities on the yogic tradition. For any scholar of Yoga or the Christian mysticism of Meister Eckhart, this book is a boon." (Bodhi Tree)

YOGA "The Essence of Yoga pulsates with judicious quotes and diagrams."

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--Beyond Reality "In Georg Feuerstein we have an extremely important and valuable voice for the perennial philosophy." --Ken Wilber, author of *The Spectrum of Consciousness* and *Sex, Ecology, Spirituality*

"Jeanine Miller is one of the scholars today who applies more than just a methodological empathy in order to study the Vedas. She explodes old views."

--Prof. Raimundo Panniker, author of *The Vedic Experience* Georg Feuerstein, Ph.D., one of the world's foremost scholars of Yoga, and Jeanine Miller, long recognized for her insightful commentaries on the Rgveda, here pool their considerable talents to offer a deeper glimpse into the development of Yogic thought across the ages and its similarities with the Christian mysticism of Meister Eckhart. Two of the essays included--one concerning the essence of Yoga and the other looking at the meaning of suffering in Yoga--have long been singled out by Yoga researchers for correcting prevalent misconceptions and providing a conceptual framework for many of the subsequent studies in that field. This volume of important essays gives new readers the opportunity to share some of the authors' earliest insights into Vedic and Classical Yoga, as well as their deep conviction that this ancient tradition is of the highest significance for a proper understanding of the human condition. Among the thirty books to

GEORG FEUERSTEIN's credit are *Lucid Waking*, *The Philosophy of Classical Yoga*, *The Yoga-Sutra of Patanjali*, *Living Yoga*, and *The Shambhala Encyclopedia of Yoga*. He is the director of the Yoga Research Center in California. JEANINE MILLER is the author of *The Vedas* and *The Vision of Cosmic Order in the Vedas* and was a longtime associate of the British Museum. She now resides in France.

If you are a fan of Georg Feuerstein's writings, this book resembles the *Philosophy of Classical Yoga* in that it is written for the more intermediate, advanced or scholarly yoga student as it reviews yoga's early roots in the Vedic tradition, while relating the study to the Christian mystic, Meister Eckhart. From her expertise in the Vedas, co-author Jeanine Miller offers her insights that help the Vedas come alive for the reader and realize how the yoga of today springs forth from a 5,000 year old tradition.

If you like philosophy and get turned by Yoga, this is a book for you. The chapters are pretty technical and full of yogic terminology, but the presentation is sound and endlessly fascinating. The

book has my vote.

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