



CONTENTS

Blessing by Sri Satguru Sivaya Subramuniyaswami	xi
Foreword by Subhash Kak	xiii
Preface	xv
Acknowledgments	xxi
Transliteration and Pronunciation of Sanskrit Words	xxiii
Introduction: The Impulse Toward Transcendence	xxv

PART ONE: FOUNDATIONS

Chapter 1: Building Blocks	3
I. The Essence of Yoga	
II. What's in a Name?—The Term <i>Yoga</i>	
III. Degrees of Self-Transcendence—The Practitioner (<i>Yogin</i> or <i>Yogini</i>)	
IV. Guiding Light—The Teacher	
Source Reading 1: Dakshinamûrti-Stotra	
V. Learning Beyond the Self—The Disciple	
VI. Giving Birth to a New Identity—Initiation	
VII. Crazy Wisdom and Crazy Adepts	
Source Reading 2: Siddha-Siddhânta-Paddhati (Selection)	
Chapter 2: The Wheel of Yoga	27
I. Overview	
II. Râja-Yoga—The Resplendent Yoga of Spiritual Kings	
III. Hatha-Yoga—Cultivating an Adamantine Body	
IV. Jnâna-Yoga—Seeing with the Eye of Wisdom	
Source Reading 3: Amrita-Bindu-Upanishad	
V. Bhakti-Yoga—The Self-Transcending Power of Love	
Source Reading 4: Bhakti-Sûtra of Nârada	
VI. Karma-Yoga—Freedom in Action	
VII. Mantra-Yoga—Sound as a Vehicle of Transcendence	
VIII. Laya-Yoga—Dissolving the Universe	
IX. Integral Yoga—A Modern Synthesis	

Chapter 3: Yoga and Other Hindu Traditions 59

- I. A Bird's-Eye View of the Cultural History of India
- II. The Glow of Psychic Power—Yoga and Asceticism
- III. Delight in Nothing—Yoga and the Way of Renunciation
- IV. Yoga and Hindu Philosophy
- V. Yoga, *Âyur-Veda*, and Siddha Medicine
- VI. Yoga and Hindu Religion

PART TWO: PRE-CLASSICAL YOGA

Chapter 4: Yoga in Ancient Times 91

- I. History for Self-Understanding
- II. From Shamanism to Yoga
- III. Yoga and the Enigmatic Indus-Sarasvatî Civilization
- IV. Sacrifice and Meditation—The Ritual Yoga of the *Rig-Veda*
Source Reading 5: Rig-Veda (Selection)
- V. Spells of Transcendence—The Magical Yoga of the *Atharva-Veda*
Source Reading 6: Atharva-Veda (Selection)
- VI. The Mysterious *Vrâtya* Brotherhoods

Chapter 5: The Whispered Wisdom of the Early Upanishads 123

- I. Overview
- II. The *Brihad-Âranyaka-Upanishad*
- III. The *Chândogya-Upanishad*
- IV. The *Taittirîya-Upanishad*
- V. Other Ancient Upanishads
- VI. The Early Yoga-Upanishads

Chapter 6: Jaina Yoga: The Teachings of the Victorious Ford-Makers 139

- I. Historical Overview
- II. The Sacred Literature of Jainism
- III. The Path of Purification
Source Reading 7: Yoga-Drishti-Samuccaya (Selection)

Chapter 7: Yoga in Buddhism 155

- I. The Birth and Evolution of Buddhism
- II. The Great Teaching of the Small Vehicle—*Hînayâna* Buddhism
- III. The Yogic Path of *Hînayâna* Buddhism
- IV. Wisdom and Compassion—The Great Idealism of *Mahâyâna* Buddhism
Source Reading 8: Prajnâ-Ârûpa-*Hridaya-Sûtra*
Source Reading 9: Mahâyâna-Vimshaka of Nâgârjuna
- V. The Jewel in the Lotus—*Vajrayâna* (Tantric) Buddhism

Chapter 8: The Flowering of Yoga 183

- I. Overview
- II. Heroism, Purity, and Asceticism—The Rāmāyana of Vālmīki
- III. Immortality on the Battlefield—The Mahābhārata Epic
- IV. The Bhagavad-Gītā—Jewel of the Mahābhārata
- Source Reading 10: Bhagavad-Gītā (Selection)**
- V. The Yogic Teachings of the Anu-Gītā
- VI. The Liberating Gospels of the Mahābhārata Epic—The Moksha-Dharma
- Source Reading 11: Moksha-Dharma (Selection)**
- VII. The Sixfold Yoga of the Maitrāyanīya-Upanishad
- VIII. The Intangible Yoga of the Māndūkya-Upanishad
- IX. Morality and Spirituality—Pre-Classical Yoga in the Ethical-Legal Literature

PART THREE: CLASSICAL YOGA

Chapter 9: The History and Literature of Pātanjala-Yoga 213

- I. Patanjali—Philosopher and *Yogin*
- II. The Codification of Wisdom—The Yoga-Sūtra
- Source Reading 12: Yoga-Sūtra of Patanjali**
- III. The Elaboration of Wisdom—The Commentarial Literature

Chapter 10: The Philosophy and Practice of Pātanjala-Yoga 239

- I. The Chain of Being—Self and World from Patanjali’s Perspective
- II. The Eight Limbs of the Path of Self-Transcendence
- III. Liberation

PART FOUR: POST-CLASSICAL YOGA

Chapter 11: The Nondualist Approach to God Among the Shiva Worshipers 257

- I. Overview
- II. The Left-Hand Followers of Shiva—“Skull-Bearers,” “Phallus-Wearers,” and Other Ascetics
- III. The Power of Love—The Shiva Worshipers of the North
- Source Reading 13: Shiva-Sūtra of Vasugupta**
- IV. For the Love of God—The Shiva Worshipers of the South

Chapter 12: The Vedantic Approach to God Among the Vishnu Worshipers .. 279

- I. God is Love: The Vishnu Worshipers of the North and the South
- II. The Ālvârs
- III. The Bhâgavata-Purâna

Source Reading 14: Uddhâva-Gîtâ (Selection)

- IV. The Gîtâ-Govinda
- V. The Bhakti-Yoga of the Vaishnava Preceptors
- VI. Jnânadeva and Other Saints of Maharashtra
- VII. The Minstrel-Saints of Medieval Bengal
- VIII. Popular Love Mysticism of the North

Chapter 13: Yoga and Yogins in the Purânas..... 295

- I. The Naked Ascetic
- II. Yogic Teachings in the Purânic Encyclopedias

Source Reading 15: Mârkandeya-Purâna (Selection)

Chapter 14: The Yogic Idealism of the Yoga-Vâsishtha 303

- I. Overview
- II. Mind Only—The Idealistic Approach
- III. The Yogic Path

Source Reading 16: Yoga-Vâsishtha (Selection)

Chapter 15: God, Visions, and Power: The Yoga-Upanishads 311

- I. Overview
- II. Sounding Out the Absolute

Source Reading 17: Amrita-Nâda-Bindu-Upanishad

- III. Sound, Breath, and Transcendence
- IV. Photistic Yoga

Source Reading 18: Advaya-Târaka-Upanishad

- V. Cutting Through the Knots of Ordinary Awareness

Source Reading 19: Kshurikâ-Upanishad

- VI. Bodily Transmutation—The Upanishads of Hatha-Yoga

Chapter 16: Yoga in Sikhism 333

- I. Overview
- II. The Yoga of Unity
- III. Yoga in Contemporary Sikhism

PART FIVE: POWER AND TRANSCENDENCE IN TANTRISM

Chapter 17: The Esotericism of Medieval Tantra-Yoga	341
I. Bodily Pleasure and Spiritual Bliss—The Advent of Tantra	
II. The Hidden Reality	
III. Tantric Ritual Practice	
IV. The Magic of Powers	
Source Reading 20: Kula-Arnava-Tantra (Selection)	
 Chapter 18: Yoga as Spiritual Alchemy: The Philosophy and Practice of Hatha-Yoga	381
I. The Enlightenment of the Body—The Origins of Hatha-Yoga	
II. Walking the Razor’s Edge—The Hatha-Yogic Path	
III. The Literature of Hatha-Yoga	
Source Reading 21: Goraksha-Paddhati	
 Epilogue.....	427
Notes	429
Chronology	445
Glossary of Key Terms	453
Select Bibliography	461
Addendum to Select Bibliography	473
Addendum on Green Yoga	474
Index	475
About the Author	513