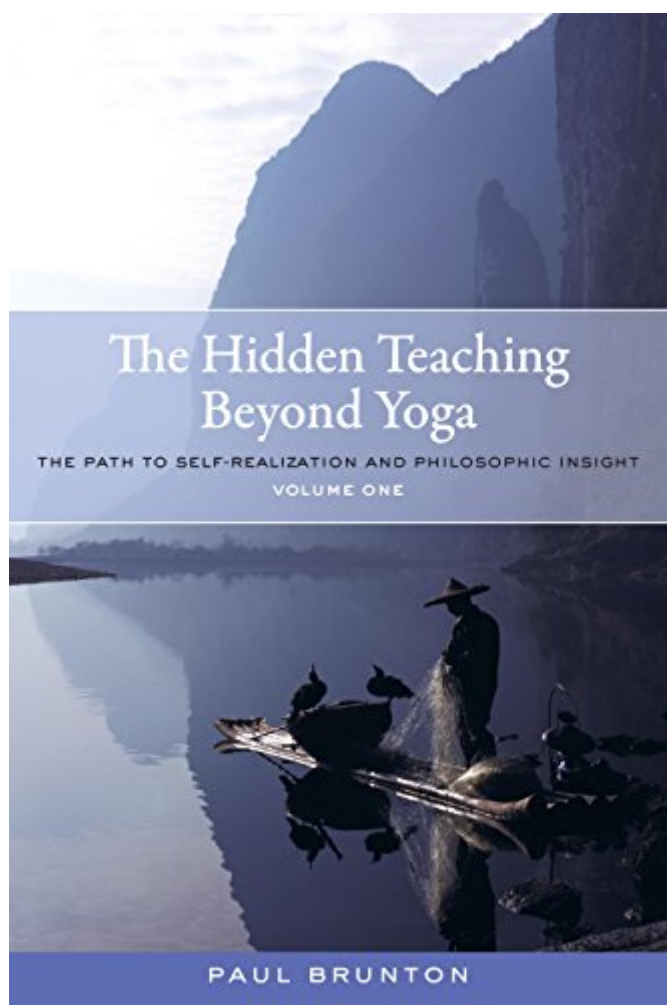


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The Hidden Teaching Beyond Yoga: The Path To Self-Realization And Philosophic Insight, Volume 1



Synopsis

Inspired by his time spent with wise sages in Asia in the 1930s, Paul Brunton (1898-1981) wrote *The Hidden Teaching Beyond Yoga* (and its companion volume *The Wisdom of the Overself*) at the request of these remarkable teachers, who recognized that he had a significant role to play in the transmission of Hindu Vedanta and Buddhism to the West. Brunton's books are a profound re-creation of the teachings of those two philosophical schools of thought, informed by the insights of deep meditation. Clearly written without the specialized vocabulary found in those traditions, the books speak directly to the contemporary spiritual seeker. *The Hidden Teaching Beyond Yoga* is a step-by-step guide to actually experiencing the spiritual truth that reality is formed within our consciousness rather than outside us in the world of material things. Brunton's expert analysis of perception, grounded in science, is designed to awaken us to our sacred foundation and to transform our personality into a mirror of that reality. Brunton prepares us for this journey by describing the attitudes, mental disciplines, and character traits that are beneficial for success in this quest. This new edition has been updated to incorporate the author's final revisions and includes an introduction by the Paul Brunton Philosophic Foundation.

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from The Notebooks of Paul Brunton, Compiled by the Paul Brunton Philosophic Foundation

Editors

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Customer Reviews

Paul Brunton is an extraordinary teacher and offers extraordinary lessons if you are up to receiving them. If you have ever felt torn between the transcendent renunciate wisdom of Ramana Maharshi, and the incisive and piercing questioning of Socrates, this is your book. Paul is a soul who spans the divide between the intuitive mystical east and the practical rational west as well as anyone I have read. My first reaction on discovering his writing, which was quite prolific, was to wonder how it is possible that I had not come across his name or his work before. But of course, the answer is simply this: Paul is relentlessly uncompromising in his appetite for truth, and has subjected his conclusions to both the laboratory of inner explorations as well as the laboratory of practical results. As a result his conclusions are profound, but do little to flatter the comfortable vanities of the average expectable reader. But if you are reading this you are probably not the average reader. A book to read, and re-read.

Paul Brunton is the genuine article when it comes to spiritual wisdom. His books are timeless and invaluable sources to find a spiritual path that makes sense for the individual, devoid of religious dogma.

Great book

"The Hidden Teaching Beyond Yoga..." is a precursor to Paul Brunton's book "The Wisdom of the Overself" which is an in depth study of Brunton's "Ultimate Philosophy". In this book, Brunton attempts to answer the age old questions, "What is the nature of "Reality" and the relationship of mind, body and the world". Brunton adeptly shows that we can never know the "outside" world which is outside our ideas and images in our awareness. We, in effect, make our own reality. This

understanding of mind as the basis of experience is called "mentalism". In other words, Brunton is suggesting that there is no outside world outside our own consciousness and independent of it. Brunton outlines the different paths or levels leading to what he describes as the "Ultimate Philosophy". These include the various paths of yoga, religion, mysticism and science. Each one of these paths cannot answer the age old questions of the nature of reality and its relationship to the world and man because each has its own specific shortcomings. For example, religion can only make a direct appeal to emotional faith whereas mysticism is limited to the emotional experience of the individual and science is limited to only things that can be measured. Notwithstanding the foregoing, these paths are tools and stepping stones to the "Ultimate Philosophy" that cannot be discarded. From a personal standpoint, this book has answered many questions that I have had for many years that other books have failed to address and, I believe, will save any perspective reader much time in his study of philosophy, mysticism and other related areas. Although this is not an easy book, it also is not an impossible one beyond the scope of most readers. I would highly recommend it along with most books written by Paul Brunton.

The ever-present misconception prevalent in the West that Yoga is a technique of physical postures required a book of this nature to clear out-of-the-way the innumerable obstacles found in the way of seekers after truth. The book is an introduction as well to *The Wisdom of the Overself*, the second volume in this series about a recondite doctrine little known in Asia and completely unknown in the West. That the doctrine does produce a much desirable effect on the seeker is easily exemplified by the author as the reader may attest in comparing the author's previous works with these two volumes. Much of the author's previous efforts was spent in a direct and personal investigation of the mystic doctrines of the Orient. In this new phase of the work, the reader is asked to take one step beyond. As life on earth is not exactly heaven and is practically one step away from hell, taking a step in the direction of greater wisdom as the ancients advocate may actually be the best solution for human kind.

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The Yoga of Jesus: Understanding the Hidden Teachings of the Gospels (Self-Realization Fellowship)
Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ...

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