



## Yoga Metaphysics

By Mudhusudan Penna

New Bharatiya Book Corporation, 2013. Paperback. Book Condition: New. 1st Edition. Yoga is just not Asanas and breathing exercises as has been popularly believed and practiced now a days, but it is a complete philosophical system exploring the secrets of the universe and human existence on this planet in a succinct manner. The philosophical expositions of this yoga system have been recorded in the valuable commentaries of Vyasa, Vachaspatimishra, Bhoja and others. The entire credit of systemizing the Yoga philosophy goes to Vyasa first and Vachaspatimishra and Vijnanabhikshu later. The very nature of matter, mind, ignorance, constant modification, creation and human salvation are the subject matter of this system. As it is well known to many, the yoga system has philosophical base of Samkhya. The concept of Prakriti of the Samkhya has been very well elaborated in the Vyasas and other commentaries. One will not fail to notice the striking affinity between Vyasa's Yoga exposition and Advaita system in some philosophical ideology. Some misconceptions carried on by many generations due to ignorance of proper understanding of the Yoga system have presented a different picture of this system as mere method of soothing senses and mind. As a result, the philosophical...



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