

acceptable to all irrespective of creed or sect. It is a relic of that ancient time when Dharma or religion only meant virtue and did not stand for a particular dogma.

In rendering into English this subtle philosophy with its subtler commentaries and annotations, the writer Śrī P. N. Mukerjee has faithfully followed the old masters and never ventured to air his own views, such attempts having, in several instances before, resulted in the presentation of a new philosophy in the name of the old.

The Sāṃkhya-Yoga philosophy visualises a complete training of the mind and points a clear way to attainment of that sublime tranquillity which is coveted by all, and it is hoped that an earnest reader will find in this book much to set at rest his doubts about the subject, ample food for reflection and what is most important he will obtain practical instruction, not in the postures and physical exercises only, but on meditation or Yoga in all its psychological bearings.

Kāpila Matha,
Madhupur,
Bihar.
1963

DHARMAMEGHA ĀRANYA