



## Yoga Unveiled, Part 2

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By U.A. Asrani

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 1993. Hard Cover. Book Condition: New. Dust Jacket Condition: New. First Edition. In the present volume of Yoga Unveiled (Part II), the author stress upon to think in harmony with modern ideas and to take a fresh, rational, empirical, pragmatic view of different philosophies and different types of Yoga. He traces very clearly how science has vindicated vedanta and Jnana Yoga and the Doctrine of Maya of Sanskara. In the later part, Mysticism and its psychology, different schools of Mysticism or Yoga including Buddhist Mysticism and Karma Yoga and Hatha Yoga etc., are dealt with. The author concludes that Jnana Yoga is Philosophic, psychological and psycoomatic. Patanjala Astang Yoga is Physic-psychological and philosophical. Buddhism is pure psychology of conciousness and the Zen is psychoanalytical, Language, words and concepts ae termed as distorting mechanism. Printed Pages: 282.



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