

CONTENTS

A Note on Pronunciation and Transliteration	vii
List of Abbreviations	viii
Introduction	ix
CHAPTER	
I. The Existential Situation of Man as Reflected in European and Indian Thought	1
II. The Nature of the World. A Survey of Indian Cosmology	23
III. Man, His Essence and Destiny	47
IV. Indian Conceptions of Salvation or Final Freedom	71
V. Yoga, its Origin, Purpose and Relation to Philosophy	93
VI. Schools of Yoga	119
VII. Yoga in the Modern World	151
Bibliography	179
Index	185
Corrections	191