These lectures are intended to give a plan of Yoga, so that you canprepare trainees to take up, for practical purposes, the Yoga sutras of Patanjali, the primary treatise on Yoga. Ive readily available, with myfriend Bhagavan Das as collaborateur, a translation these Sutras, with Vyasas commentary, along with a further commentary and elucidationwritten in the lighting of Theosophy. [FN#2: These have not been finishedor printed.] To ready a student for the mastering of their more difficulttask, these lectures were designed; hence the many references to Patanjali. They might, however, also will give the normal lay reader somethought of the Science of sciences, and perhaps to allure several towardsits study.

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as the New York Times chief science writer to devise an evenhanded assessment of: The

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