



## Aurobindonian Yoga

By S. Ranchan

Konark Publication, New Delhi, 1993. Hardcover. Book Condition: New. 73pp. The book is the first of its kind which attempts a lucid exposition of Aurobindos Integral Yoga, rescues it from Aurobindonian Bhaktas and expounders alike and outlines new Ways of making it relevant, using psychology, Alchemy and literature. It also reviews integral Yoga to demystify it and suggests how to link it to oneself existentially and to culture, Indian or otherwise. The presentation is terse, with not a sliver of fat in it. The book is of use, not merely to students of Yoga, but also to litterateurs, psychologists, and the lay readers interested in Sri Aurobindo. Through the Metaphysical Insight it offers into Yoga as a system designed to keep body and Soul in harmony, the book presents.

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