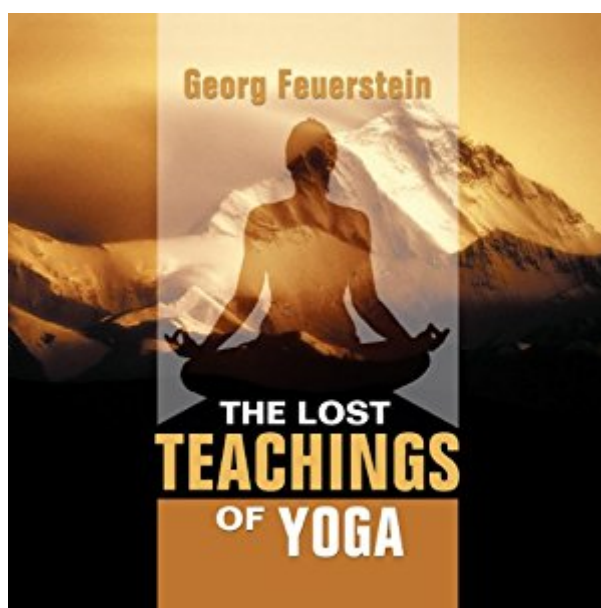


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# The Lost Teachings Of Yoga: How To Find Happiness, Peace, And Freedom Through Time-Tested Wisdom



## Synopsis

It is estimated that more than 20 million Americans have practiced some form of yoga, yet almost none of them have heard of yoga's early teachers or their insights. While we are familiar with yoga's physical benefits, the original purpose of yoga as a path to inner freedom and enlightenment is embodied by only a few students in the West. Handed down to us throughout the past 5,000 years, the mental and spiritual disciplines of this complete philosophy for living are in danger of vanishing forever. Now yoga scholar Georg Feuerstein immerses you in *The Lost Teachings of Yoga*, the first comprehensive audio curriculum about yoga's original spiritual wisdom and practices. A leading scholar and practitioner of yoga in the West for more than 30 years, Feuerstein introduces you to the wonders beyond yoga's postures and breathing techniques, and points the way to the inner strength and mental peace that is yoga's first objective. Taught by Feuerstein himself, this full 12-session, seven-hour course reveals the true history of yoga, the gifted masters who brought it to the West, its many branches and the rich fruit they yield, yoga's virtues and disciplines that flower into enlightenment, subtle anatomy and the energy of prana or life force, the origins of asanas, and much more. Georg Feuerstein has said that today in the West, we need yoga more than ever. Not simply because we want to develop strong, flexible bodies, but because yoga's vast spiritual heritage can help us uncover the deeper purpose of life. Discover for yourself yoga's ultimate achievement and your foundation for a more effective daily practice with *The Lost Teachings of Yoga*.

## Book Information

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## Customer Reviews

I originally bought this 7 years or so ago. I am a yoga teacher and find his explanations useful and clear. I recommend it to many people and buy several at a time. It is well worth listening to over and over!

I have looked for a long time for something that taught yoga philosophy in an engaging, comprehensive manner. Some books are a bit on the dry side, others just touch on one small aspect of it. This CD set is a wonderful overview of the classical philosophies of yoga. The author's voice is clear, soothing and pleasant. Best of all, he's interesting! I haven't found a more complete and well-organized source of yoga philosophy. Definitely a worthwhile purchase!

How to sit in a car for hours and still center with yoga. Can listen to again and again and understanding of yoga gets deeper and deeper.

Absolute bliss! This is a magnificent work of synthesis of the complex and fascinating world of Yoga; history, traditions, techniques are presented with knowledge, expertise and a suave voice (well it's a recording). I have been listening to the whole thing 3 times now and there is still much to learn.

This set is a decent introduction to yoga for someone who knows nothing about yoga and has never been involved in any kind of esoteric practice. I don't know why it is entitled "The Lost Teachings of Yoga", since the information presented on these CDs is widely available elsewhere. Most of the information presented here comes from Yoga Sutras of Patanjali. There are also references to Babaji and Trailanga Swami from Autobiography of a Yogi, Gopi Krishna's Kundalini experience, transcendental meditation, and works related to tantra, mantras and hatha yoga. Few CDs in this set deal with yamas and niyamas (moral virtues) which are presented here in a way that sounds pretty much like the Ten Commandments given by Moses. For comparison purposes, Emmet Fox has written a wonderful book explaining those Ten Commandments but not in terms of "thou shalt not", but rather in a way that makes perfect sense to esoterically or spiritually inclined individual, and I suppose I have expected on these yoga CDs explanation of yamas and niyamas more from a spiritual perspective, rather than from physical perspective. For example, the author talks how difficult and challenging it is to live by them and mentions that he uses the model of 12-steps from AA to make the process easier. That may very well work, though I have found that since all of the moral virtues arise out of the principle of Oneness, as the individual meditates upon One Spirit, surrendering to it

within to the point that he allows it to take over and in that way experiencing Oneness - all moral virtues fall in place effortlessly. If one walks through life with the awareness of himself, his own spirit, one spirit, being present in everything and everyone, he would neither wish to injure another nor to take anything from another; he would not have to struggle to live with conscience, it happens naturally, as the outcome of the experience of oneness. It doesn't take struggle - by embracing the higher, the lower falls off. The author talks about different branches of yoga and when it comes to bhakti yoga - yoga of devotion - he made it sound as if bhakti yoga is of necessity steeped in duality. For many people, and in the beginning stages of spiritual understanding and experience, it may be so, but ultimately, what one experiences is that one is loving and perceiving himself - one Spirit - One Self - everywhere, and eventually all forms dissolve and only the Self remains. One merges with that which he loves, and in that merging one dissolves in it, and in that merging and dissolution, all forms dissolve also. Such has been my inner experience. This path of yoga leads to the same outcome as any other path of yoga and for that matter it is present to some extent in any other path of yoga. Overall it is a good set of CDs.

This is an extensive and innovative review of the traditional teachings of Yoga, well delivered in an engaging, conversational manner. The key Yoga teachings from the Hindu, Buddhist and Jainism traditions are systematically developed, well-woven with references to both the classic literature and an astounding range of references to other world wisdom traditions and history. Among my favorites is his linking of the four traditional goals of life from the Vedas with the Declaration of Independence of the United States and the preamble to the Constitution. Patanjali's Yoga Sutras are, of course, discussed in depth. I appreciate his emphasis on the central role of the Kriya Yoga model of transformation - a model still quite relevant today - even though there are some differences from the Krishnamacharya teachings I have heard from Desikachar and Kraftsow. All of the more well known eight limbs of Ashtanga Yoga are discussed in depth, with much deserved emphasis on the Yamas and Niyamas, the traditional moral foundations of Yoga. Each of the seven traditional paths of Yoga are well explained in some especially educational ways, not just listing the different paths. Georg's command and experience with of the spectrum of Yoga teachings allows him to present some of the teachings in new ways, such as his 12 steps to spiritual recovery and his tests for authentic yoga. The lecture style is easy to listen to. He peppers his discussions with questions that a modern student would logically ask, and then weaves personal experience into his answers. Feuerstein is not afraid to focus on contemporary issues with the lens of the classical teachings. For example, free market capitalism. As an economist I have a few different interpretations than his, but I

appreciate the importance of examining modern situations and making personal choices from a considered moral foundation as opposed to simply self-interest. I see these tapes as an important resource in three key ways. First, as a delightful educational and thought-provoking experience for the Yoga student in all of us - perhaps on long cross-country drives as I do. Second, for Yoga teachers brushing up on selected topics for their own teaching. The tapes have already helped me prepare for a couple of lectures I am giving later this month. Third, I see these tapes as recommended or required "reading" in the many new Yoga teacher-training courses springing up around the country to help meet their philosophy requirement. My only regret is that these lectures on tape are not available in written form so one can easily go back to review and highlight key sections. Feuerstein is a prolific writer and these teachings are well discussed in a wide variety of his books elsewhere. In my view, however, the lectures on this tape set are especially well put together. They are an intellectual tour de force distilling many decades of study and writing. I very much enjoy hearing them in his own voice.

I thoroughly enjoyed this reading. I learned a lot. As a Christian who practices yoga regularly, I found it informative, enlightening and reassuring. I enjoyed learning the history and styles of yoga. I didn't feel like it was too heavy on religious aspects. Yoga has a spiritual component but as he said "yoga is not a religion" it is a practice.

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