

Samâdhi

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The contents of this bibliography do not provide medical advice and should not be so interpreted. Before beginning any exercise program, see your physician for clearance.

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“When first asked to write about an asana that would apply to the theme ‘Samadhi,’ I was befuddled. Asana is a preliminary step, the third limb of Pantanjali’s eight-limb path. If the yogi exclusively practices asana, enlightenment (Samadhi) will probably not happen in this lifetime. One could master every yoga asana and still not reach Samadhi. So which asana would directly connect to Samadhi? Thousands of years ago, the yogis developed postures (asanas) to transcend the body’s limitations. The proper practice of asana creates good posture, realigns the vertebra, and helps balance the Chakras. I am choosing the Camel Pose (Ustrasana) because it affects all the Chakras simultaneously . . .”

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Abstract: The experience of Pure Consciousness (PC) is met on the way to Samadhi—the goal of all yogic practices. Though the earlier seven steps of control of body and mind—discussed in Astanga Yoga—are fairly comprehensively described and understood in

current scientific terminology, the state of Samadhi seems to defy all such simplistic and logical approaches. There is therefore an urgent need to understand the physical and the psychophysiological basis of PC and to relate it to the evolutionary process through modern scientific idea. In this paper, we try to describe the state of PC using the thermodynamic principle of minimum entropy production.

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Contents: Definition of Samadhi and its aims; Development of the subtle senses and the superconsciousness in man; Occult theories about the higher worlds; Different forms enveloping the seat of consciousness in man; Modern psychology and its methods; The two ways before us; What brings the ecstasy?; Justice in actions and intentions; The building of the inner sanctuary; The world and the "I"; Inner strength in us; The great law of sacrifice; The law of transformation; The law of balance in consciousness; Inner and outer obstacles to achievement; Defeats and downfalls; The motive power of hope;

Hostile forces on the path; The rising sun of Samadhi; Discovery and resurrection of the eternal principle in man; The last warnings on the path; In the orb of full light

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