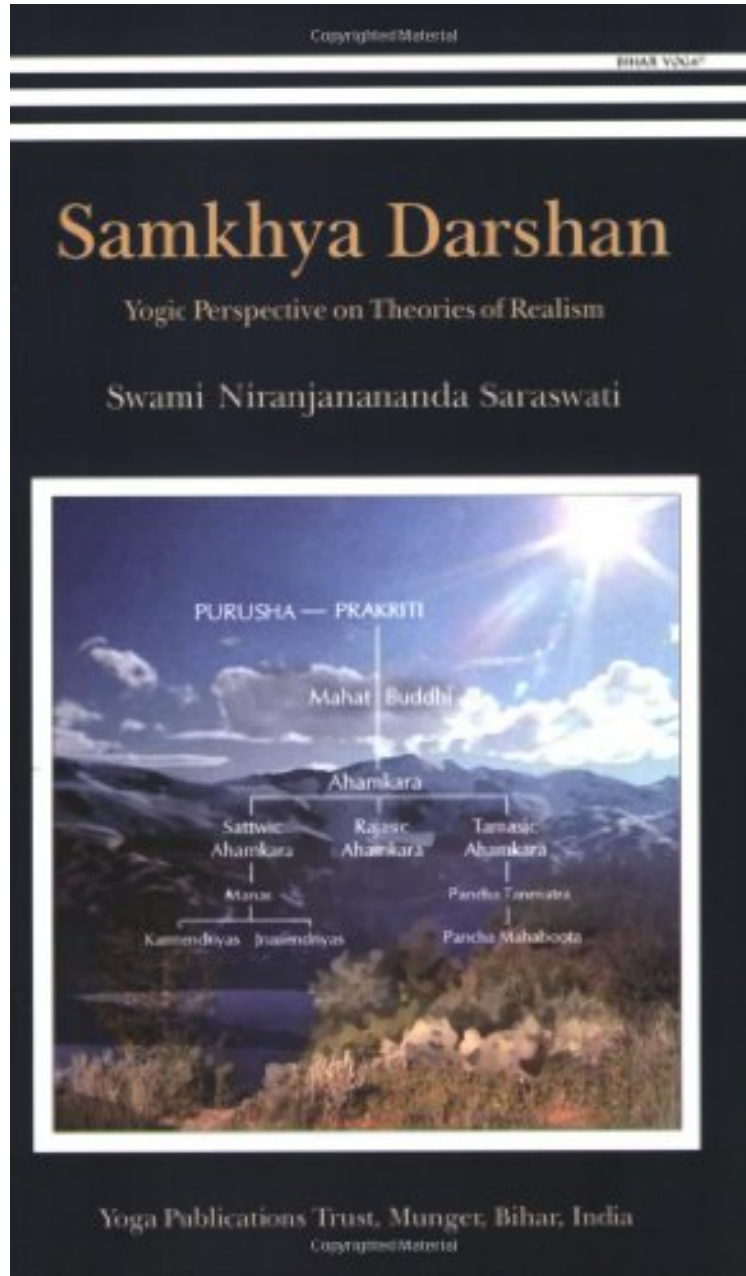


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Samkhya Darshan/Yogic Perspective on Theories of Realism

Swami Niranjanananda Saraswati

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Swami Niranjanananda Saraswati : Samkhya Darshan/Yogic Perspective on Theories of Realism before purchasing it in order to gauge whether or not it would be worth my time, and all praised Samkhya Darshan/Yogic Perspective on Theories of Realism:

4 of 4 people found the following review helpful. Essential ReadingBy Linda JohnsenSamkhya is one of the most influential philosophical systems in human history, lying at the root of both Hinduism and Buddhism. Darshan-- usually translated "philosophy"--literally means "way of seeing things," i.e., a perspective on the nature of reality. Samkhya, in a word play typical of Sanskrit, means both "enumeration" (Samkhya delineates the stages of cosmic and personal manifestation) and/or "undisturbed state of consciousness," toward which the understanding of these stages leads.It flabbergasts me that Samkhya isn't better known in the West. It's a phenomenally sophisticated analysis of our experience of the cosmos, in some ways eerily reminiscent of quantum mechanics, delineating how consciousness shapes matter/energy into a coherent universe. These days meditation students learn the basic principles of Samkhya at their yoga centers. You'd think this thought provoking system would be taught at universities throughout the Western world.This book is a fine introduction to an important topic.1 of 1 people found the following review helpful. Great buildup of Sankhya philosophyBy Robert D. Herrick III like the metaphysics proposed by Sankhya philosophy and recently have been reading more about it for an Ayurveda course that I am taking. When I wanted some material a bit more deep than the textbook, I turned to Swami Niranjan's rather small, but exceptional, book. I was already a fairly big fan of SwaN's other books, so I expected quite a bit out of this book. It is short, but I felt that it really built up the Sankhya philosophy well. This is a book that I will probably read again - not because it was confusing, but because it was so well-done. In fact, I've recommended the book to my Ayurveda teacher. This is another good book from the Yoga Publication Trust, which came as little surprise.1 of 1 people found the following review helpful. Terrific and Potent Exposition of Samkhya ThoughtBy Vik VI bought this book many years ago, and am just now going through this list of purchases I made on over the years, and reviewing a few noteworthy books. I have now read this book about 5 times, cover to cover, as it is short, yet potent. The author dissects the Samkhya darshan with such precision, yet in a conversational way. There are not many people I have met that are into studying Samkhya philosophy, and that's a shame, as it underpins classical Yoga thought, and is useful in understanding the "engineering" of this manifestation. This book has also been a great reference in general as well.

Samkhya is one of the earliest schools of Indian philosophy and most systems,including yoga,have been drawn from or influenced by it.Samkhya is a dualistic philosophy and postulates two eternal realities:Purusha,the witnessing consciousness,and Prakriti,the root cause of creation,composed of three gunas. This text highlights the unique contribution of Samkhya philosophy in man's quest to understand his true nature.It discusses the practical theories of causation,manifestation,bondage and liberation.For the spiritual aspirant,Samkhya is the metaphysics of self-realization and yoga is the sadhana or means to achieve it. Samkhya Darshan contains the full Sanskrit text of Ishvara Krishna's Samkhya Karika as well as transliteration and translation.

About the AuthorSwami Niranjananda was born in Madhya Pradesh in 1960 and was initiated into Dashmani sanyasa at the age of ten. From 1971 he travelled overseas for 11 years.In 1983 he was appointed President Bihar School of Yoga.Since then he has guided the development of Ganga Darshan,Sivananda Math,Yoga Publications Trust and the Yoga Research Foundation. In 1990 he was initiated as a paramahansa and in 1993 anointed preceptor in succession to Swami Satyananda.Bihar Yoga Bharati was founded under his direction in 1994.He has authored 20 books and guides national and international programmes.