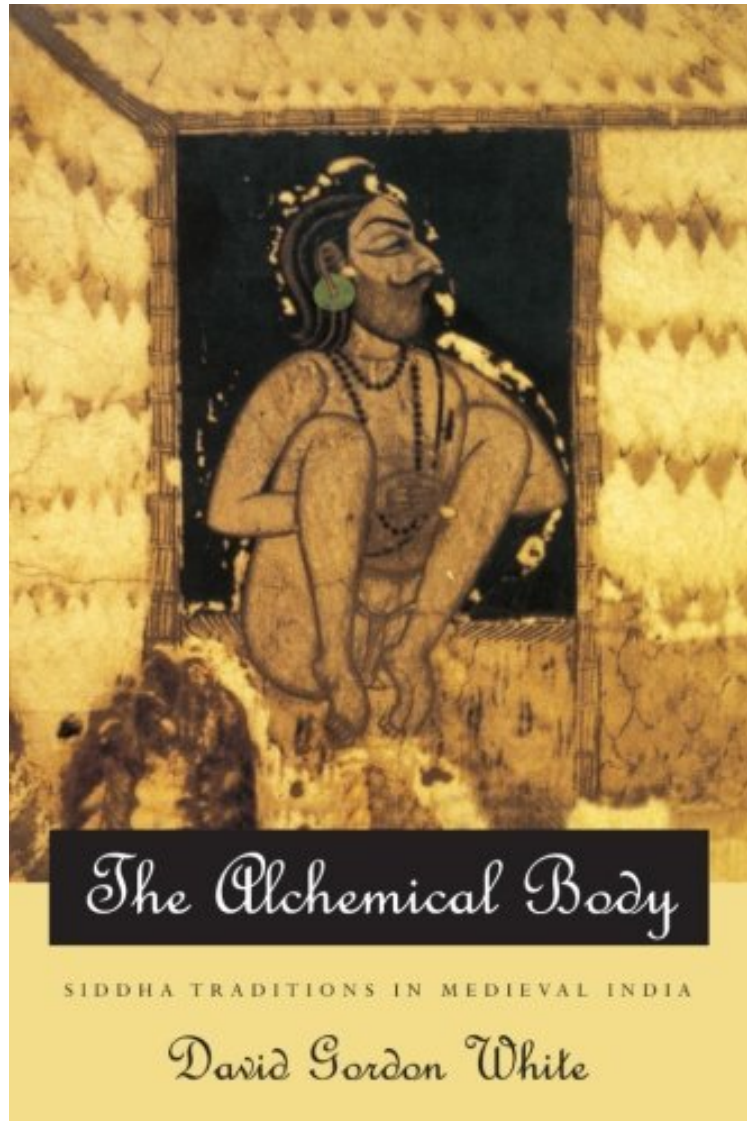


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## The Alchemical Body: Siddha Traditions in Medieval India

*David Gordon White*

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**David Gordon White : The Alchemical Body: Siddha Traditions in Medieval India** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Alchemical Body: Siddha Traditions in Medieval India:

0 of 0 people found the following review helpful. Yoga and physical immortality in Medieval India By Brad Rockwell Seemingly comprehensive look at the fascinating story of medieval Indian alchemy, and its sources and influences. 2 of 2 people found the following review helpful. I would recommend this book strongly to anyone who is

interested in ...By AshwinAlthough author accepts that he did not meet any authentic siddhars, details in this book is a bit impressive. I would recommend this book strongly to anyone who is interested in knowing basics of Indian alchemy and about siddhars.3 of 5 people found the following review helpful. MehBy G. K. C. There is a lot of information in this text. And much of it is truly inspired. I just wish it wasn't so damn belabored. What could have been an exciting read full of fascinating subject matter, more often put me to sleep. I went on to read Kiss of the Yogini, and Sinister Yogis. I believe The Alchemical Body to be the best of the three. All three books have great information. And all three have the same academic writing style that present information in its driest, most boring form.

The Alchemical Body excavates and centers within its Indian context the lost tradition of the medieval Siddhas. Working from previously unexplored alchemical sources, David Gordon White demonstrates for the first time that the medieval disciplines of Hindu alchemy and hatha yoga were practiced by one and the same people, and that they can be understood only when viewed together. White opens the way to a new and more comprehensive understanding of medieval Indian mysticism, within the broader context of south Asian Hinduism, Buddhism, Jainism, and Islam. "White proves a skillful guide in disentangling historical and theoretical complexities that have thus far bedeviled the study of these influential aspects of medieval Indian culture." Yoga World "Anyone seriously interested in finding out more about authentic tantra, original hatha yoga, embodied liberation . . . sacred sexuality, paranormal abilities, healing, and of course alchemy will find White's extraordinary book as fascinating as any Tom Clancy thriller." Georg Feuerstein, Yoga Journal