



The House of Wisdom: Yoga Spirituality of the East and West

Swami Dhamananda, Santoshan

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Yoga is primarily a spiritual practice. The aim of The House of Wisdom is to encourage personal and spiritual growth, along with creative and skilful living. It draws on a variety of great wisdom traditions, including Buddhism, Hinduism and Christianity. The first part covers starting out on the spiritual path, the problems along the way, and the yogic understanding of the authentic Self. The second looks more closely at the yogic tradition, with chapters on mantra, paths to the sacred and the classic Eightfold Path of Yoga. The third and fourth parts include exercises from Psychosynthesis psychology, affirmations and practices for relaxation and discovering the spiritual dimension of the Whole Self.

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