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EIGHT LECTURES

on

YOGA

by

MAHATMA GURU
SRI PARAMAHANSA SHIVAJI

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V. D. FREEDLAND

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[P.T.O.]

YOGA disgusts sensible people because they have, for the most part, no information other than the smug religiosities of Babu writers, the sanctimonious twaddle of smatterers, the snobberies of gullible pig-stickers in Jodhpurs, or the deliberate frauds and falsehoods of such as claim to have visited Tibet, and floated across impassable ravines astride enormous black stallions, and met a "Knight Commander of Asia, which is the equivalent of an English Earl."

But Yoga is a real science. The author of *Eight Lectures on Yoga* is a man of science personally trained by Halliburton, Herbert Jackson, Remsen, Sir William Ramsay, Buckmaster, Lord Lister and others.

He has studied psycho-therapy under Drs. Henry Maudsley, Alfred Adler and others, and is a successful teacher and psychiatrist.

He is a distinguished philosopher of the Schools of Hegel, Nietzsche, and Bertrand Russell in particular, and has paid special attention to the mathematical presentation of Reality.

He is a very widely-travelled student, with much original exploration to his credit.

He studied Yoga for many years in India, Ceylon, Burma, China, Japan and North Africa. He was the best pupil of Bhikkhu Ananda Metteya (Allan Bennett), and worked under many of the most famous teachers from Kamakura to Fez.

He attained the fullest comprehension of Yoga by direct experience.

He has simplified the whole subject by the application of science and common sense. He has presented it in *Eight Lectures on Yoga* with thoroughness and clarity, in a style abounding in fresh-air-insight and admirable wit.

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