



# The Hidden Teaching Beyond Yoga: The Path to Self-Realization and Philosophic Insight, Volume 1

*Paul Brunton*

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Inspired by his time spent with wise sages in Asia in the 1930s, Paul Brunton (1898-1981) wrote *The Hidden Teaching Beyond Yoga* (and its companion volume *The Wisdom of the Overself*) at the request of these remarkable teachers, who recognized that he had a significant role to play in the transmission of Hindu Vedanta and Buddhism to the West. Brunton's books are a profound re-creation of the teachings of those two philosophical schools of thought, informed by the insights of deep meditation. Clearly written without the specialized vocabulary found in those traditions, the books speak directly to the contemporary spiritual seeker.

*The Hidden Teaching Beyond Yoga* is a step-by-step guide to actually experiencing the spiritual truth that reality is formed within our consciousness rather than outside us in the world of material things. Brunton's expert analysis of perception, grounded in science, is designed to awaken us to our sacred foundation and to transform our personality into a mirror of that reality. Brunton prepares us for this journey by describing the attitudes, mental disciplines, and character traits that are beneficial for success in this quest.

This new edition has been updated to incorporate the author's final revisions and includes an introduction by the Paul Brunton Philosophic Foundation.

### **Contents**

Foreword by The Paul Brunton Philosophic Foundation

1.Beyond Yoga

2.The Ultimate Path

3.The Religious and Mystic Grades

4.The Hidden Philosophy of India

5.The Philosophical Discipline

6.The Worship of Words

7.The Search After Truth

8.The Revelation of Relativity

9.From Thing to Thought

10. The Secret of Space and Time

11. The Magic of the Mind

12. The Downfall of Materialism

Epilogue: The Philosophic Life

Appendix 1: Some Misconceptions Cleared Up

Appendix 2: Additional Resources from The Notebooks of Paul Brunton, Compiled by the Paul Brunton Philosophic Foundation Editors



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