



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

*Paul Brunton*

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

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.

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