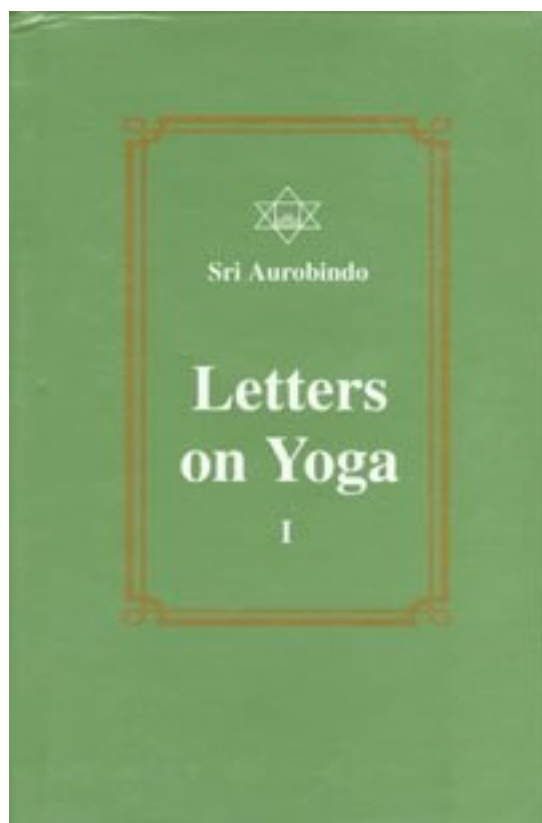


Letters on Yoga Vol. I



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著者:Aurobindo, Sri

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In this volume, Sri Aurobindo exhibits, through his letters, that yoga is not a thing of ideas but of inner spiritual experience. Merely to be attracted to any set of religious or spiritual ideas does not bring with it any realization. Yoga means a change of consciousness, of life, and a mere mental activity will not bring about this change of consciousness.

作者介绍:

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