

Contents

1	Yoga as <i>Samādhi</i>	1
	Introduction	1
	<i>Yoga-Sūtras</i> of Patañjali	2
	Background	2
	On <i>Samādhi</i>	7
	Theory of Mind	11
	Control of the Mind	14
	Concept of God	20
	Hindrances to Control	22
	Different Kinds of <i>Samādhis</i>	27
	The Goal of Yoga	30
	Summary	31
	References	33
2	Yoga as <i>Sādhana</i> (Practice)	35
	Kriyā-Yoga	36
	<i>Kleśas</i> : Sources of Suffering	37
	<i>Karmāśaya</i> : The Receptacle of Karma	41
	The Existential Anguish	43
	The Seer and the Seen	45
	Person as Embodied Consciousness	48
	Summary	61
	References	63
3	Yogic Siddhis	65
	Five States of the Mind	68
	Psychic Powers	74
	References	82

4	<i>Kaivalya: The Goal of Yoga</i>	83
	Yoga Epistemology and Ontology.	87
	Reaching <i>Kaivalya</i>	91
	<i>Kleśa–Karma–Saṃskāra</i> Nexus	95
	Perception and Cognition	96
	Connection Between Consciousness and the Mind	98
	Multiplicity of <i>Puruṣas</i>	103
	<i>Kaivalya: The State of Perfection</i>	107
	References.	112
5	What Is Meditation?	113
	What Is Meditation?	116
	Some Meditative Techniques Used in Research	125
	Autogenic Training	130
	Meditation as Deployment of Attention.	131
	References.	134
6	Empirical Studies of Meditation	137
	Neurophysiological Effects and Correlates	138
	EEG (Electroencephalogram) Studies of Meditation	139
	Neuroimaging Studies of Meditation.	143
	Is Meditative State a Unique Physiological State?	145
	Psychological Effects of Meditation	148
	Volitional and Behavioral Effects	152
	Emotional Effects	153
	Therapeutic Effects	156
	General Discussion of Meditation Research	160
	References.	166
7	Metapsychology of Yoga	175
	Some Concerns	194
	Is Indian Psychology Inclusive?	194
	Is Detachment Psychologically Healthy?	197
	Is Indian Psychology Pessimistic?	198
	References.	199
8	The <i>TRISŪLA</i> (Trident) Model of the Person	201
	The Challenges of Psi	201
	Consciousness Puzzle	208
	Relevance of Yoga Psychology.	212
	BMC Model of Person	214
	Yoga as Metacognitive Psychology.	219
	BMC and Other Dualist Models	221
	Implications of BMC Model	226

Concluding Summary	229
References.	231
9 Mahatma Gandhi: A Case Study in Indian Psychology	233
Introduction.	233
Psychology in the Indian Tradition	234
Meta-Theoretical Framework.	236
Gandhi: An Illustrative Case Study	238
Satyagraha and Conflict Resolution.	243
Spiritual Perspective of Satyagraha	246
References.	249
Index	251

Foundations of Yoga Psychology

Rao, K.R.

2017, XV, 261 p. 2 illus., 1 illus. in color., Hardcover

ISBN: 978-981-10-5408-2