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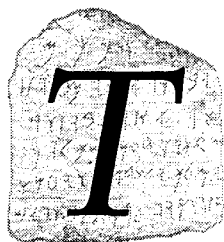
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his book is *not* a manual of yoga. You can no more learn rāja yoga from it than you can horseback riding. Yoga, like all craft, can be safely learned only under the tutelage of a trained teacher—a guru, if you will—who was himself or herself trained by a teacher. As the Good Book says, the way into the sacred garden is blocked by an angel who wields a flaming sword. To avoid the necessity of sincere discipleship is at best futile, at worst dangerous.

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