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Available at: https://doi.org/10.7825/2164-6279.1289
Vrajaprana in her "Regaining the Lost Kingdom: Purity and Meditation in the Hindu Spiritual Tradition" presents the classical four yogas or paths as leading to a "withdrawing the mind from whatever is finite and relative, then focusing it on whatever is infinite, real, absolute." Taking an Advaitin perspective and placing emphasis on the practice of meditation, she argues for the recovery of true self-identity as the ultimate spiritual goal. In the following article, "Heart Yoga: A Comparison of Two Texts," Thomas Matus examines the Pratyabhijna-hridayam of Rajanaka Kshemaraja (11th c.) and the Kaivalya-darsanam of Swami Sri Yukteswar Giri (19th c.). Common to the two texts is the need of inner purity of heart for the purpose of self-realization. Matus reflects further on the many meanings of "yoga" and the place of love in a yogic context. The third and last article in the Hinduism section is Cyprian Consiglio’s "The Space in the Lotus of the Heart: the Anthropological Spirit in the Writings of Bede Griffiths." The author examines Bede’s tripartite distinction of body, soul, and spirit as a useful point of departure for dialogue with other religions. He notes that meditation practice is an important aid for attaining purity of heart and the overcoming of all ego-centeredness, thereby facilitating the experience of the immanent Spirit.

Readers of this book will find the essays both informative and clearly written. While spiritual and doctrinal differences between the various religious traditions are acknowledged one also receives throughout the impression of a shared spiritual journey.

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