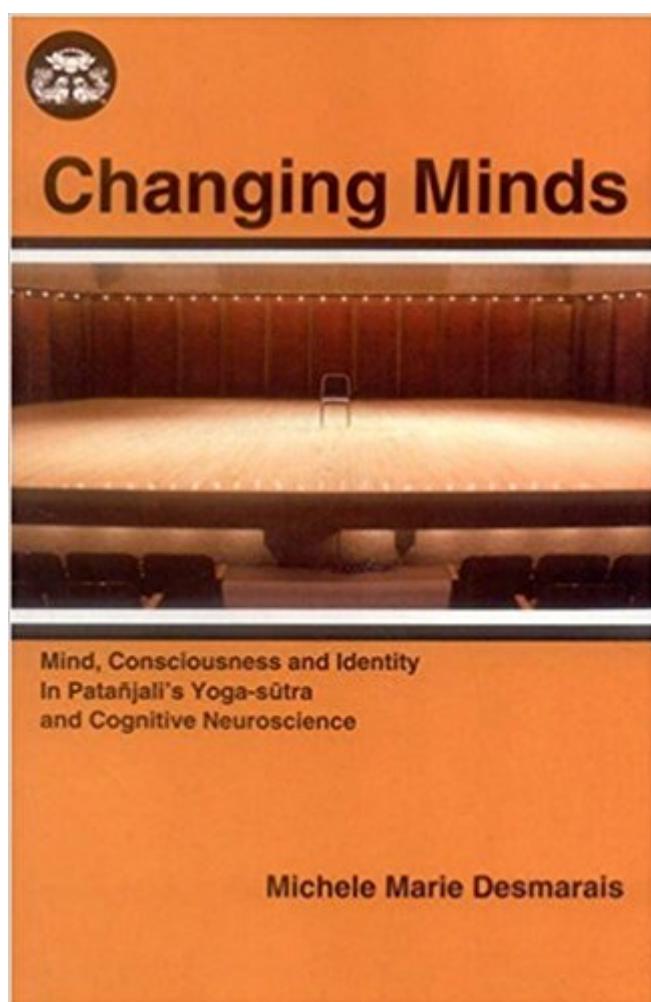


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Changing Minds: Mind, Consciousness And Identity In Patanjali's Yoga Sutra And Cognitive Neuroscience



Synopsis

This book by Dr. Desmarais is by all means a positive contribution in the field of Yoga, Indology and cognitive neurosciences. It covers Eastern and Western, ancient and modern, religion and metaphysics, psychology and epistemology, as well as the cultural heritage for these. The book is arranged in six chapters using our common concept of show as a metaphysical stage: getting ready for the show; entering the theatre; taking the stage; all the world as stage; following the plot; thickening of the plot; and finally, the lights come up. This has its source in the Samkhya metaphor of prakrti as analogous to a divine actor, on the world stage and in a cosmic drama. Another symbolic metaphor that comes before our mind is that of Ardhanarînatesvara of Lord Siva, depicted as the Cosmic divine Supreme actor endowed with half-female in his person. The reader, the spectator or audience member, symbolizes the Purusa of Samkhya and yoga.

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