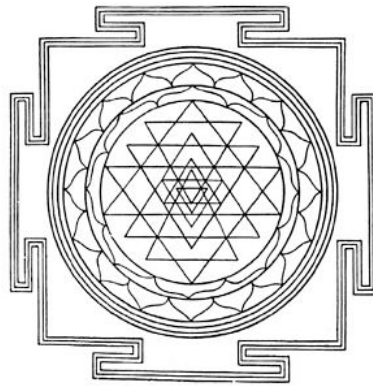


World Spirituality

Yogis, Mystics, Monks, and Zen Masters

Classic and Contemporary Readings



Selected and Edited by

James S. Cutsinger

Religious Studies

University of South Carolina

“Some contemplate one Name, and some another. All are eminent clues to the Transcendent, Immortal, Unembodied. These Names are to be contemplated, lauded, and at last denied. For by them one rises higher and higher in the worlds; but where all comes to an end, there is attained the Nameless.”

Maitri Upanishad

CONTENTS

Yoga: Hindu Path to Union

1	Mircea Eliade, “Yogic Doctrine and Technique”	2
2	Patanjali, “Yoga Sutras”	21
3	Svatmarama Yogendra, “Hatha Yoga Pradipika”, Chapter I	33

Hesychasm: The Spirituality of the Christian East

4	Philip Sherrard, “The Renewal of Contemplative Spirituality”	51
5	James S. Cutsinger, “The Yoga of Hesychasm”	55
6	Maximos the Confessor, “Scriptural Ascent”	68
7	Gregory Palamas, “Defense of the Holy Hesychasts”	79
8	Kallistos Ware, “The Power of the Name”	103
9	James S. Cutsinger, “ <i>Hesychia</i> and the Jesus Prayer”	121
10	Dumitru Staniloae, “Experiential Apophaticism”	133
11	Theodulus Varzare, “Bishop John the Desert-Dweller”	147

Yoga: Hindu Path to Union (continued)

12	Svatmarama Yogendra, “Hatha Yoga Pradipika”, Chapter II	152
----	---	-----

Zen: Buddhism “Outside the Scriptures”

13	Alan Watts, “Empty and Marvelous”	169
14	Wumen Huikai, “A Cluster of <i>Koans</i> ”	184
15	Dogen, “Treasury of the True <i>Dharma</i> Eye”	195
16	Hakuun Yasutani, “Introduction to <i>Zazen</i> ”	216
17	Kakuan Shien, “The Ten Ox-Herding Pictures”	248
18	Shunryu Suzuki, “Informal Talks on Zen”	258

Yoga: Hindu Path to Union (continued)

19	Svatmarama Yogendra, “Hatha Yoga Pradipika”, Chapter III	266
----	--	-----

Sufism: Islamic Mysticism

20	Martin Lings, “The Tidal Wave”	287
21	Jalal al-Din Rumi, “Stories and Poems”	300
22	Marcel Carret, “Shaykh Ahmad al-Alawi”	314
23	Titus Burckhardt, “Three Aspects of the Way”	332
24	Ibn ata Allah Al-Iskandari, “The Key to Salvation”	339
25	Isa Nur al-Din, “Spiritual Texts”	369

Yoga: Hindu Path to Union (concluded)

26	Svatmarama Yogendra, “Hatha Yoga Pradipika”, Chapter IV	385
-----------	--	------------