

# PREFACE

In recent decades Yoga has crossed into the popular culture in the West and is dramatically growing on the American scene. Unfortunately the depth and transformative power of genuine Yoga Science and Philosophy often gets lost in “translation” across cultures. It is well known in Eastern meditative traditions that Yoga focuses on the awakening transformation of the Self and the dilation of consciousness beyond the ego-based psyche and egocentric patterns of consciousness. And yet this vital essence often gets lost and is not sufficiently brought front and center. Don Salmon and Jan Maslow in their beautifully presented book break new ground in daring to suggest and remind us that we humans are meant to come into direct encounter with the Primal Infinite Force and Presence that permeates us all and surrounds us in every moment of our daily lives.

Their innovative and transformative narrative builds on the great advances in Yoga Philosophy developed by the eminent Indian sage Sri Aurobindo in the 20<sup>th</sup> Century. Aurobindo brings this amazing and evolving classical tradition of Yoga Science into the modern world in showing that this Infinite Presence (called *Aum* and *Brahman* in the Indian tradition) is proactive in the evolution of the cosmos and culture, and is itself in boundlessly dynamic process and evolution. In this light Aurobindo shows that Nature, Matter, and Body, as expressions of Brahman, are sacred and integral to spiritual life and human flourishing.

Indeed, as we enter a new and unprecedented global age and rise to a more inclusive global perspective it becomes clear that this Infinite Presence, by whatever name we use—*Tao*, *Yahweh*, *Aum*, *Allah*, *Christ*, *Brahman*, *Logos*, *Energy*—infinitely situates and surrounds us in every pulse of life, and across all our cultural, religious and disciplinary boundaries. And the bottom line in this wondrous perennial and global wisdom is that we humans suffer and perish when we are cut off from direct connectivity with this global Infinite Presence, and we thrive

and flourish in Well-being and boundless Life when we awaken into communion with this Infinite Presiding Force-field. This is the more advanced and mature way to understand and process our psychic and spiritual development, indeed, every aspect of our daily cultural lives.

In this spirit Don and Jan in their highly readable book lead the reader in a meditative and mind-expanding way ever deeper into this evolutionary awakening of consciousness and the maturation of the human psyche. They demonstrate a solid inner grasp of the Science and Philosophy of Yoga and beautifully bring this vital teaching into our contemporary cultural lives as we face the challenges of the 21<sup>st</sup> Century. This important book speaks deeply to all emerging global citizens, to all persons who are on the awakening path and who seek wholeness, well-being, and inner peace. The narrative dares to recognize and open the lens to the encounter with Infinite Presence, and to seeing through the eyes of Infinity. This book is an accessible manual for rising into this higher life for all humans living in the 21<sup>st</sup> Century.

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