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Classical Samkhya and Yoga: An Indian Metaphysics of Experience (Routledge Hindu Studies Series)

Mikel Burley

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Samkhya and Yoga are two of the oldest and most influential systems of classical Indian philosophy. This book provides a thorough analysis of the systems in order to fully understand Indian philosophy. Placing particular emphasis on the metaphysical schema which underlies both concepts, the author adeptly develops a new interpretation of the standard views on Samkhya and Yoga.

Drawing upon existing sources and using insights from both Eastern and Western philosophy and religious practice, this comprehensive interpretation is respectful to the underlying spiritual purpose of the Indian systems. It serves to illuminate the relation between the theoretical and practical dimensions of Samkhya and Yoga. The book fills a gap in current scholarship and will be of interest to those concerned with Indology as well as philosophies in general and their similarities and differences with other traditions.

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