

## Introduction.

## A. A general discussion of Eastern and Western Yoga.

1. In both cases there is, (1) a problem, (2) a solution or Goal that is envisaged, and (3) a group of methods outlined for the attainment of the Goal.

2. In the most abstract form it seems that the problem in both cases is essentially the same. It is the problem of suffering. Somehow or other life in this world is found, sooner or later to be painful and unsatisfactory. The optimistic view concerning life posited exclusively in the world-field seems invariably to be based upon an ~~extreme~~ superficial outlook. Deeper insight leads to the realization of the tragic character of exclusively external life. The form under which the tragic character manifests varies quite widely with different peoples and individuals, but in some form it is always to be found ultimately. When it is found then the great problem of religion, philosophy and psychology arises.

3. The Goal. The Goal is always that which brings the greatest satisfaction in place of the unsatisfactory situation out of which the Problem arises. At present it appears that fundamental differences between Eastern and Western attitudes precludes the possibility of formulating the Goal in the same terms for both peoples.

a. The Eastern Ideal is Liberation, and by Liberation is meant a state of Consciousness and Life wherein there is no longer a restriction to form. This we may call the 'introvert' ideal.

b. The Western Ideal seems to center more in Creative Expression. In this case Liberation may be regarded as valuable in an instrumental sense, but not as a terminal value. Active expression seems to be an essential demand of the Western Psyche. The 'extrovert' Ideal.

c. As a result of the difference in the Western Goal it is not enough to transplant the Eastern solution to the Western soil, for the Western man will say that he does not care for this. The solution must thus be worked out in different terms. This makes our problem one of pioneering.

4. The Methods. The divergences between the East and the West are most marked in connection with Method. The psychological background of the two peoples is of opposite character, the East being introvert and the West largely extrovert. To simply transplant method from the East to the West is a case of the 'right means with the wrong man', and that leads to wrong results. The problem of the right western method is a decidedly pioneering problem. So far I know of two contributions to this:

a. Psychology. The method best developed in the hands of Dr. Jung.

b. Mathematics. A method that has been effective in my own experience.

B. A practical disadvantage with my own method lies in the fact that but few have the requisite temperament and background of mental training. In the present course I am endeavoring to incorporate the method developed in psychology to see if I can reach a wider sector of the public.