



# **Meditation Revolution: A History and Theology of the Siddha Yoga Lineage**

*S.P. Sabharathnam Douglas Brooks, S.P. Sabharathnam, Constantina Rhodes Bailly, William K. Mahony,  
Paul E. Muller-Ortega, Swami Durgananda, Peggy Bendet*

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# Meditation Revolution: A History and Theology of the Siddha Yoga Lineage

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This groundbreaking collection of essays explores the origin, development, teachings, and practices of a contemporary spiritual movement. The subject is Siddha Yoga, a path of meditation rooted in the Indian philosophical tradition that has had tremendous impact on contemporary students of spirituality since the 1970s. This book centers around the work of two teachers: Swami Muktananda, who introduced Siddha Yoga and its teachings to the West, inspiring what he termed a "meditation revolution," and Gurumayi Chidvilasanada, who has brought Siddha Yoga Meditation to maturity as a global spiritual movement. This book examines one particular tradition in its historical and theological context, illuminating issues that will be of interest to serious students of religion and spirituality. From the Foreword: Paul Muller-Ortega, Douglas Renfrew Brooks, William K. Mahony, Swami Durgananda a.k.a. Sally Kempton, et. al., offer herein a rich feast of historical and theological reflection that is sympathetic to Siddha Yoga but at the same time is fully faithful to the canons of critical inquiry characteristic of serious history of religions work... One very much hopes that this collection may be the first of many other collections that dare to move away from purely descriptive scholarship in order to address some of the great spiritual issues of our time. This book's publisher, Muktabodha Indological Research Institute, is dedicated to the study, preservation, and dissemination of endangered elements of the ancient scriptural wisdom of India. The mission is propelled by a belief that the philosophical and spiritual heritage of classical India is a precious resource and a recognition of this wisdom as vital for the well-being of the human spirit. Please visit us as [muktabodha.org](http://muktabodha.org) to learn more about our programs and publications.

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