



Yoga Practice in the Roman Catholic Church: Theosophical Classics

Franz Hartmann

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Dr. Franz Hartmann was a notable Freemason and prolific writer of his day, as well as being a member of several esoteric organizations such as the Theosophical Society and a non-masonic Templar Order. Here, he examines the similarities in meditative practices between the East and the West, of which there are many, including postures and regulation of breath. In both instances, the desired outcome is reception of the divine mysteries.

Hartmann covers the states of mind that occur during the process. He also provides guidelines and instructions for the potential candidate.

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