

Frank R. Podgorski,

Ego: Revealer-Concealer. A Key to Yoga, Lanham: University Press of America, 1984. pp xxiv 282.

As it is, the present work is an excellent textual study and a sympathetic presentation of *Sāmkhya-Kārikā*. However, in undertaking this work Dr. Frank R. Podgorski wishes to provide a key to Yoga spirituality. For, as he has rightly observed, “an understanding of *Sāmkhyan* thought is an absolutely necessary prerequisite for appreciating Yoga experience” (p. xv). The *Sāmkhyan* analysis of human existence is the background of Yoga, and as such it justifies “Yoga’s flight from the real world,” which otherwise would be puzzling especially to a Western reader.

The three chapters in Part I give a description of the *Sāmkhyan* analysis of the human dilemma as presented in the *Sāmkhya-Kārikā*. The description is precise and accurate, indeed. The three chapters respectively, discuss the human illness (*duhkha*) arising from the confusion of the two fundamentals of experience, *prakṛti* (matter) and *puruṣa* (spirit); the union (*sambandha*) evolved between two such disparate ultimates; and the consequence of this union. The text has been interpreted in the light of the traditional *Bhāṣyas* of Gaudapada and Vacaspati Mīśra. The analysis and the presentation of the text are detailed, clear and perceptive. A research student of Yoga spirituality from West Germany, to whom I recommended this book, remarked that it is the clearest and most systematic exposition of the *Sāmkhya-Kārikā* he has ever come across.

The three chapters in Part II are devoted to the evaluation of the role and significance of Individuality (*ahamkāra*). They, respectively, speak about the necessity of human individuality, explain the human predicament resulting from a misplaced individuality, and describe the *Sāmkhyan* theory that matter persistently labours to help the spirit