Contents

Acknowledgments	VI
Abbreviations	ix
Introduction	1
CHAPTER ONE	
The Ascetic Self	30
CHAPTER TWO	
Control of the Self	72
CHAPTER THREE	
The Challenges of Attentiveness	96
CHAPTER FOUR	
The Besieged Mind	129
CHAPTER FIVE	
Removing the Blockage	163
Conclusion	188
Bibliography	198
Index	233