

Acknowledgments

It is because of my students, and because I wanted them to enter the yogic stance in depth, that I developed a phenomenological analysis of the core dimension of the practice. I am immensely grateful to them for having chosen this path and sharing the commitment throughout the years. Thank you for being there.

Without Prof. Bruno Neri, who involved me in the Summer School on Consciousness and Cognition at the University of Pisa, this text would never have seen the light of day: I convey my heartfelt thanks to him for the stimulation and support he provided. Thanks to Prof. Pierluigi Barrotta for trusting me at the beginning of the project. A special thanks goes to Prof. Franco Giorgi, who had the patience to read a draft of the text and encouraged me to clarify a few points. Thanks to Prof. Michel Bitbol for the enlightening conversations we have had in recent years. Thank you to Giacomo de Luca, scholar in philosophy, for having started to explore these matters in depth from the time we met, for the vital exchanges, for the corrections and for his contribution to the enterprise.

I am very grateful to my mother, Maria, who always favored and encouraged my engagement in the practice. With her smiling openness to the world she has set a living example for me.

Finally, an incommensurable thanks to my father, Alfredo, who just passed away due to an illness, for being the first to talk to me about the problem of consciousness when I was very young, for all that he has passed on to me, and for believing in this project even more than I did.

