

## Contents

Introduction

1. Shattered peace
  2. The guru and his mission
  3. The lives of the followers
  4. The end of the world
  5. Beaumont beckons
  6. Disillusionment
  7. Ash Wednesday
  8. The aftermath
  9. Hope restored
  10. Healing
  11. Death of the guru
  12. The insider
  13. Was this really yoga?
  14. The spiritual roots of yoga
  15. Meditation
  16. The god within
  17. How do we recognize truth?
  18. The do-it-yourself God
  19. Who is the true God?
  20. Life's four key questions
  21. The ultimate reality
- Appendix A: Some alternatives to yoga
- Appendix B: Scripture keys for meditation
- Appendix C: Frequently asked questions