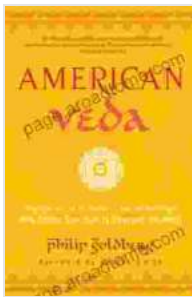


From Emerson and the Beatles to Yoga and Meditation: How Indian Spirituality Shaped the Modern World

Indian spirituality has had a profound impact on the modern world, shaping everything from philosophy and literature to music and art. This article explores the many ways in which Indian spirituality has influenced Western culture, and how it continues to do so today.



American Veda: From Emerson and the Beatles to Yoga and Meditation How Indian Spirituality Changed the

West by Philip Goldberg

★★★★☆ 4.7 out of 5

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Print length : 426 pages



Emerson and the Transcendentalists

In the 19th century, a group of American intellectuals known as the Transcendentalists were deeply influenced by Indian spirituality.

Transcendentalists such as Ralph Waldo Emerson and Henry David Thoreau believed that there was a divine spark within all human beings,

and that by living in harmony with nature and the universe, we could achieve a state of transcendental consciousness.

Emerson was particularly drawn to the Bhagavad Gita, a Hindu scripture that teaches the importance of selfless action and devotion to God. He wrote about the Gita in his book *Essays: First Series*, and he also translated several passages from the Gita into English.

The Beatles and the Counterculture

In the 1960s, Indian spirituality had a major impact on the counterculture movement. The Beatles were particularly influenced by Indian music and spirituality, and they began to incorporate elements of both into their music. The Beatles' album *Sgt. Pepper's Lonely Hearts Club Band* featured a number of songs with Indian influences, such as "Within You Without You" and "The Inner Light."

The Beatles' interest in Indian spirituality helped to popularize yoga and meditation in the West. Many young people who were drawn to the Beatles' music also began to explore Indian spirituality, and this led to a growing interest in Eastern religions and philosophies.

New Age Spirituality

In the 1970s and 1980s, Indian spirituality continued to influence Western culture through the New Age movement. New Age spirituality is a loosely defined set of beliefs and practices that draw on a variety of sources, including Indian religions, Buddhism, Taoism, and Western esotericism.

New Age spirituality emphasizes the importance of self-discovery, personal growth, and spiritual enlightenment. It also promotes alternative healing

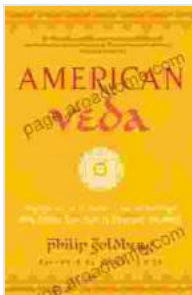
practices, such as yoga, meditation, and acupuncture. New Age spirituality has been criticized by some for being overly simplistic and commercialized, but it has also been credited with helping to create a more open and tolerant attitude towards spirituality in the West.

Indian Spirituality Today

Indian spirituality continues to influence Western culture in many ways. Yoga and meditation are now widely practiced in the West, and there is a growing interest in Eastern religions and philosophies. Indian spirituality has also influenced Western art, literature, and music.

For example, the American composer Philip Glass has written a number of pieces that are inspired by Indian music, and the British writer Salman Rushdie has incorporated Indian mythology and philosophy into his novels.

Indian spirituality has had a profound impact on the modern world, shaping everything from philosophy and literature to music and art. It continues to be a source of inspiration and guidance for people all over the world.



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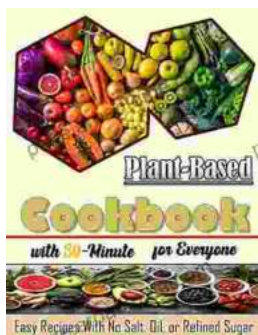
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