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**YOGA: AN ABSTRACT MATHEMATICAL COMPOSITION BETWEEN
WESTERN COSMOLOGY AND EASTERN PHILOSOPHY**

Debasish Paul

Abstract

Yoga, deeply rooted in eastern philosophy, has evolved from a physical and spiritual discipline into a global discipline embraced by mystics and scientists. In recent years, western cosmology grounded in empirical science and concerned with the nature of universe has begun to engage more meaningfully with the philosophical aspects of Yoga. This research explores yoga as an abstract although meaningful intersection between metaphysical understanding of Eastern traditions and the rational, often materialist, outlook of Western cosmology. It argues that yoga provides a philosophical bridge where subjective awareness meets mathematically with objective reality, offering insights into the nature of consciousness, the structure of the universe, and the human experience within it.

Keywords: Mathematical aesthetics, Western cosmology, Mathematical harmony, Consciousness, Yogic Unity.