

# Yoga Science Heuristics

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First and foremost, as Yogis we appreciate that all theories, however well-supported by the evidence or plausible in any given circumstance, are tentative and never to be equated with the Truth of Existence. Theories are necessarily conceptual whereas the Truth of Existence has been known through the centuries and still today as “beyond concept” in and via Yoga and necessarily experiential.

Thus, as Yogi Scientists, we aim only for theories that have heuristic value, that serve our human needs for better solutions to the problems of living, even if they are only “good enough” for an incremental improvement. Yoga Science is thus most fundamentally an applied science and whatever heuristics it adopts, they must never be taken as somehow themselves representing any sort of “ultimate truth.”

Thus Yoga Science avoids the pitfalls that have plagued efforts in recent decades to somehow “reconcile” science and religion. Yogi Scientists focus on practical matters and only if a particular theoretical framework serves practical and Yogic ends is it worth taking seriously, and then only as a tool that we pick up, use wisely, and set down when the job is done.