

Paul Brunton (1898-1981)



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[Originally printed in the *Theosophical Encyclopedia*, ed. Philip S. Harris, Vicente R. Hao Chin, Jr., and Richard W. Brooks (Quezon City, Philippines: Theosophical Publishing House, 2006); here slightly revised.]

Paul Brunton authored works on yoga and other spiritual subjects, many of his published works reflecting his early interest in Theosophy. He was a fairly regular attendee at Theosophical Society meetings in London as mentioned in the biography, *Paul Brunton, a Personal View*, by K. T. Hurst (Burdett, N.Y.: Larson, 1889, p. 46).

Brunton's original name was Raphael Hurst. Born in London in 1898, he became a journalist, but soon began writing books on mysticism and yoga which gained considerable popularity. Much of his work was the result of first-hand research undertaken during extensive travels in Egypt and India.

His published works include: *A Search in Secret India*; *The Secret Path*; *A Search in Secret Egypt*; *A Message From Arunachala*; *A Hermit in the Himalayas*; *The Quest of the Overself*; *The Hidden Teaching Beyond Yoga*; *Discover Yourself*; *The Wisdom of the Overself*; and *The Spiritual Crisis of Man*. His notebooks were published posthumously between 1984 and 1988 in sixteen volumes entitled *The Notebooks of Paul Brunton*.