

The Yoga Sutras Of Patanjali A New Edition Translation And Commentary

A brilliant cross-cultural interpretation of a key text of yoga philosophy The Yoga Sutras of Patañjali is the foundational text of yoga philosophy, used by millions of yoga practitioners and students worldwide. Written in a question-and-answer format, The Yoga Sutras of Patañjali deals with the theory and practice of yoga and the psychological question of the liberation of the soul from attachments. This book is a new rendering into English of the Arabic translation and commentary of this text by the brilliant eleventh-century polymath al-Bīrūnī. Given the many historical variants of the Yoga Sutras, his Kitāb Bātanjali is important for yoga studies as the earliest translation of the Sanskrit. It is also of unique value as an Arabic text within Islamic studies, given the intellectual and philosophical challenges that faced the medieval Muslim reader when presented with the intricacy of composition, interpretation, and allusion that permeates this translation.

A concise and poetic rendering that conveys the essence and depth of this perennial classic of yoga. "This beautiful, poetic rendition of Patanjali's Yoga Sutras was gathered from Mukunda's lifetime of abiding in the good company of the saints and sages of the Great Tradition. We can rely upon the fact that these words come from his own authentic experience of love and life and of Yoga. Please enjoy this gift of poetry from Mukunda and embrace the beauty of your life

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every day. □ □Mark Whitwell, author of *Yoga of Heart: The Healing Power of Intimate Connection* Patanjali is to yoga what the Buddha is to Buddhism. His yoga sutras □literally □the path to transcendence□□are a means to profound self-realization and are considered the spiritual and philosophical root of the yoga tradition in its various forms. This concise, poetic rendering of the classic Yoga Sutra text conveys both the essence and depth of the yoga tradition.

Mukunda Stiles had a lifelong devotion to the spiritual practice of yoga. Here, he shares Patanjali's essential work with precision and insight. He also includes a succinct line-for-line commentary, as well as word-by-word Sanskrit-to-English translation.

Patanjali was the compiler of the Yoga Sutra, (a major work containing aphorisms on the philosophical aspects of mind and consciousness), and also the author of a major commentary on Panini's Ashtadhyayi. He was a Hindu Vedantist. He compiled the Yoga Sutras from Vedic Knowledge on Hinduism. In recent decades the Yoga Sutra has become quite popular worldwide for the precepts regarding practice of Raja Yoga and the philosophical basis of the Yoga movement for health and harmonizing bodymind. "Yoga" in traditional Hinduism involves inner contemplation, a rigorous system of meditation practice, ethics, metaphysics, and devotion to the one common soul, God, or Brahman. Patanjali is known to be an incarnation of Adi S'esha who is the first ego-expansion of Vishnu, Sankarshana. He was born to Atri (First of the Saptha Rishis) and his wife Anusuya. He was one of the very important of the 18 siddhas. Their very essence was they were masters of Ashtanga Yoga otherwise called as Raja Yoga or Kundalini Yoga or Tantrik yoga.

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The Yoga Sutras of Patanjali are the foundational texts of the science of yoga. In this book, Sri Sri Ravi Shankar, a master of yoga for the 21st century, offers his own commentary on this fundamental work. "The aim of Patanjali Yoga is to set man free from the cage of matter. Mind is the highest form of matter and man freed from this dragnet of Chitta or Ahankara (mind or ego) becomes a pure being." - H. H. Sri Sri Ravi Shankar

A New Translation with Commentary

Reflections on the Yoga Sūtras of Patañjali

Yoga dipika ; das grundlegende Lehrbuch des Hatha-Yoga

Aus dem Sanskrit neu übersetzt und kommentiert

The Essence of Yoga

This is an English rendering of the classical text on yoga and meditations that maintains the poetic forms of the sutras. Patanjali is to Yoga what Buddha is to Buddhism. His sutras-scriptural narratives sometimes defined as literally "the path to transcendence"- are a darshan, or philosophical worldview and method to aid the awakening of self-realization. Patanjali reveals a set of landmarks that enable practitioners to lift the veils and study the hidden self, eventually following this path to enlightenment.

Reverend Jaganath Carrera has shared the joy and wisdom of the

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Yoga Sutras with thousands of students for over three decades. A long-time disciple of Sri Swami Satchidananda, he has taught all facets of Yoga at universities, prisons, Yoga centers, and interfaith programs. He established the Integral Yoga Ministry and is a spiritual advisor and visiting lecturer on Hinduism for the One Spirit Seminary in New York City. He is a former chief administrator of Satchidananda Ashram--Yogaville and founded the Integral Yoga Institute of New Brunswick, NJ, where he was director for fourteen years. He served as Dean of Academics at the Eastern School of Acupuncture and is a member of its Governing Board. A senior member of the Integral Yoga Teachers Council, he co-developed the highly regarded Integral Yoga Meditation and Raja Yoga Teacher Training Certification programs.

Illustrated guide to learning the Yoga philosophy and psychology as described in the Yoga Sutras of Patanjali

A classic work of Indian philosophy that succinctly spells out how the mind works and what is needed to attain liberation. In 196 short aphorisms, this classic work of Indian philosophy succinctly spells out how the mind works and how it is possible

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to use the mind to attain liberation. The Yoga-S?tra is a road map of human consciousness and a helpful guide to the mental states that one encounters in meditation, yoga, and other spiritual practices. Chip Hartranft's translation and extensive, lucid commentary bring the text beautifully to life. He also provides useful auxiliary materials, including an afterword on the legacy of the Yoga-S?tra and its enduring relevance for us today.

Light on the Yoga Sutras of Patanjali

Das Yogasutra nach Patanjali

Comprising the S?tras of Patañjali, with the Bh??ya of Vy?sa Sankara on the Yoga Sutras

Yoga Sutras of Patanjali - Book 2

The Yoga Sutras of Patañjali are universally acknowledged as the fundamental text on yoga and meditation in the Indian classical tradition. This English translation of Yoga Philosophy of Patañjali is widely regarded as the most authoritative and authentic that has been available in recent times. It is a serious and clear presentation of Patañjali's sutras and Vyasa's Bhasya, providing these basic texts both in the original Sanskrit and in readable and accurate English. These classical works are augmented by the commentary of Swami Hariharananda A?ranlya, a scholar and yogi of great repute, who, in his lifetime, was the foremost exponent in India of the Sa?m3khya Yoga system of which the Yoga Aphorisms of Patañjali are the principal work.

Read Free The Yoga Sutras Of Patanjali A New Edition Translation And Commentary

This valuable book provides a complete manual for the study and practice of Raja Yoga, the path of concentration and meditation. These timeless teachings are a treasure to be read and referred to again and again by seekers treading the spiritual path. The classic Sutras (thought-threads), at least 4,000 years old, cover the yogic teachings on ethics, meditation, and physical postures, and provide directions for dealing with situations in daily life. (Text refers to a previous edition)

Im Yoga vereinen sich innere Ruhe und Ausgeglichenheit mit einem starken, flexiblen Körper. Die Asanas kräftigen und lockern die Muskeln, entspannen den Geist und stärken die Konzentrationsfähigkeit. Dabei kann bereits die kleinste Haltungsänderung große Auswirkungen haben, denn ein Muskel arbeitet niemals isoliert, sondern immer in einem komplexen Bewegungssystem. Wie genau das funktioniert und wie Wirbelsäule, Atmung, Nervensystem und Körperhaltung zusammenhängen, wird in dieser dritten, vollständig überarbeiteten und erweiterten Ausgabe detailliert und anschaulich erklärt. Gemeinsam mit der Bewegungstherapeutin Amy Matthews hat der anerkannte Yogaexperte Leslie Kaminoff in seinem Klassiker Yoga-Anatomie erstmals die Auswirkung der einzelnen Asanas auf die Muskelgruppen, Gelenke und Organe für Sie zusammengefasst sowie die Bedeutung der jeweils passenden Atemtechniken erläutert. Neben aktualisierten Informationen liefern Ihnen zwei zusätzliche Kapitel noch mehr Wissen rund um die wichtigsten Haltungen, wobei nun auch die besondere Rolle des Nervensystems im Yoga betrachtet wird. Auch in dieser Ausgabe werden über 150 Asanas durch exakte anatomische Illustrationen so detailgenau beschrieben, wie es anhand von Fotos niemals möglich wäre. Sie erhalten damit – egal, ob Einsteiger oder Profi – ein völlig neues Verständnis über die positive Wirkung von Yoga.

Providing an explanation of the practical and philosophical foundations of Raja Yoga, The Yoga

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S?tras of Patañjali is arguably the most important text on Yogic philosophy. The Yoga S?tras of Patañjali is widely regarded as the most authoritative text on yoga. It comprises a collection of 196 Indian sutras (“threads” – as sutra translates from Sanskrit) written 1,700 years ago. These threads or aphorisms were compiled by the Indian sage Patañjali and offer guidelines for living a meaningful and purposeful life. The book is organized into four parts and provides descriptions of the eight limbs of yoga, such as pranayama and asana. The translated text is presented alongside a clear and insightful commentary by Swami Vivekananda, which makes them more accessible to the modern reader and yoga practitioner. His message of universal brotherhood and self-awakening remains relevant today, especially in the current backdrop of widespread political turmoil around the world.

Containing his yoga aphorisms with Vyasa's commentary in Sanskrit and a translation with annotations including many suggestions for the practice of yoga

The Means to Liberation

Translation, Commentary and Practice

Kriya Yoga Sutras of Patanjali and the Siddhas

The Essential Yoga Texts for Spiritual Enlightenment

“A wonderful translation, full of contemporary insight yet luminous with eternal truth.”—Jacob Needleman The Yoga Sutras were cast in their present form in India around the third century b.c. Yoga is from the Sanskrit root meaning “union,” and a sutra is a thread or aphoristic verse. The basic questions “Who am I?” “Where am I going?” “What is the purpose of life?” are asked by each new generation, and

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Patanjali's answers form one of the oldest and most vibrant spiritual texts in the world. He explains what yoga is, how it works, and exactly how to purify the mind and let it settle into absolute stillness. This stillness is our own Self. It is the indispensable ground for Enlightenment, which is the ultimate goal of all our aspirations. Alistair Shearer's lucid introduction and superb translation, fully preserving Patanjali's jewel-like style, bring these ancient but vital teachings to those who seek the path of self-knowledge today. Bell Tower's series, Sacred Teachings, offers essential spiritual classics from all traditions. May each book become a trusted companion on the way of truth, encouraging readers to study the wisdom of the ages and put it into practice each day.

Acclaimed translation of one of yoga's most important and influential works covers eight-step path of Raja Yoga. This volume incorporates complete sutras, plus a valuable commentary by Veda-Vyasa and explanations by Vachaspati-Miçra.

The Yoga S?tras of Patañjali are Indian s?tras (aphorisms) that constitute the foundational text of yoga. In medieval times, yoga was cast as one of the six orthodox ?stika schools of Hindu philosophy. The Yoga Sutras form the theoretical and philosophical basis of R?ja Yoga, and are considered to be the most organized and complete definition of that discipline. The Sutras not only provide yoga with a thorough and consistent philosophical basis, they also clarify many important esoteric concepts which are common to all traditions of Indian thought, such as karma.

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Patanjali's Yoga-Sutras are universally considered to be among the two or three most important texts in the field of yoga. Patanjali refers to his yoga as "Kriya Yoga": the "yoga of action with awareness". Until now, commentators have treated it as a philosophical reference, and have largely ignored its implications for yogic practice. They have also ignored the fact that it is also an esoteric work, and that only initiates, with sufficient prior experience, can grasp its deeper meaning. This new translation and commentary provides a practical guide to Self-realisation or enlightenment. It clearly explains how to apply Patanjali's profound philosophical teachings in everyday life, in any situation with a unique "practice" section after each verse's commentary. There is also comparison with "Thirumandiram" a classic work of the siddha tradition.

Yoga Sutras of Patanjali

Die Weisheit der Yoga-Sutras von Patañjali

Four Chapters on Freedom

A New Edition, Translation, and Commentary

The Yoga Sutras of Patañjali

The Yoga Sutras of Patanjali provides a complete manual for the study and practice of Raja Yoga, the path of concentration and meditation. The sutras begin with the most basic concentration, and then progresses to discipline, manifestation, and finally, emancipation of the transcendental ego. It is now considered one of the most important textual sources for the practice of yoga. This classic work of Indian philosophy spells out succinctly how the mind works, and how it is possible to use the mind to attain liberation.

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The Yoga Sutras of Patanjali - Book 2: Sadhana Pada What relevance does the wisdom of the ancient and timeless practice and philosophy of yoga have for us today? Has the world qualitatively changed such that the principles of life and the dynamics of consciousness as observed by the seers and teachers of ancient times are no longer relevant? Is modern culture 's aim of freedom to pursue desires and experience the world through the senses a sufficient explanation and justification of life? In Sadhana Pada the ageless methods for achieving freedom from desires are presented. These life changing principles and practices are offered here so that they can be tested and experienced in the setting of modern life; the experience of peace that they bring can then be measured against the experience of a life spent fulfilling desires.

Providing a complete manual for the study and practice of Raja Yoga--the path of concentration and meditation--a new deluxe printing of a collection of timeless teachings is a treasure to be read and referred to again and again by seekers treading the spiritual path. Reprint.

This is a complete English translation of a highly significant Sanskrit sub-commentary vivarana purporting to be by Sankara, on the Yoga Sutras of Patanjali. The vivarana is written with great originality. The long commentary on God completely jettisons the narrow sutra definition in favour of a supreme Creator, as evidenced by many ingenious arguments on the lines of the present-day cosmological anthropic principle. The doctrine that the future already exists, and that time is purely relative, anticipate the Einstein era.

The Yoga-darshana

The Yoga-Sutra of Patanjali

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Licht auf Yoga

Yoga Sutras of Patanjali - Book 1

Demystifying Patanjali

Puts Together Lectures Delivered By The Author - Their Translations In English - An Aid To Learning Yoga And Its Philosophy. Samadhi Pada - Sadhana Pada - Vibhuti Pada - Kaivalya Pada. Cover Slightly Damaged, Otherwise Condition Ok.

This is an English rendering of the classical text on yoga and meditations that maintains the poetic forms of the sutras. Patanjali is to Yoga what Buddha is to Buddhism. His sutras- scriptural narratives sometimes defined as literally "the path to transcendence"- are a darshan, or philosophical worldview and method to aid the awakening of self-realization. Patanjali reveals a set of landmarks that enable practitioners to lift the veils and study the hidden self, eventually following this path to enlightenment.

Patanjali's Yoga Sutras is the fundamental sourcebook for yoga and meditation. It is a must-read for the student, as well as the teacher, on this wisdom path.

An overview of the Patanjali's fundamental text offers an explanation of yoga as an integration of physical and spiritual discipline

A Comprehensive Sourcebook for the Study and Practice of Patanjali's Yoga Sutras

A Full Translation of the Newly Discovered Text

With Great Respect and Love

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The Book of the Spiritual Man

wie du die Essenz des Yogas in deinen Alltag integrierst

The Volume one of the Commentary on the Yoga-Sutras of Patanjali (samadhi-pada) was published in 1984 and is available from the Himalayan International Institute of Yoga Science and Philosophy, Route I, Box 400, Honesdale, PA 18431, USA. It was highly acclaimed as a work of rare authenticity, based on thirteen Sanskrit commentaries, synthesized and studied in the light of the oral tradition and direct personal experience in the master-disciple lineage of the yogis. The author is of the opinion that without such personal experience much of the terminology of the Yoga-sutras would remain obscure and any explanation of purely scholastic grounds would be incomplete. The value of the present volume on the Sadhana-pada is further enhanced by adding the study of even more published Sanskrit commentaries as well as unpublished manuscripts. Seven lengthy appendices add to the value of the work as the material presented in these appendices can be further researched and enhanced to form into independent theses. The author makes certain that the works of the previous commentators be examined in the light of how the Sutras are taught in the Himalayan caves among those who practice the various methods and are initiated into them.

Note that due to the limitations of some ereading devices not all

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diacritical marks can be shown. BKS Iyengar's translation and commentary on these ancient yoga sutras has been described as the "bible" of yoga. This edition contains an introduction by BKS Iyengar, as well as a foreword by Godfrey Devereux, author of Dynamic Yoga.

Offers nearly two hundred aphorisms by an ancient Hindu philosopher that explain the yoga method of reaching enlightenment
Yoga is an exercise and meditation philosophy that has been taking the United States by storm over the past several decades. Yet many are unaware that there is an entire, ancient religion that prefaces this phenomenon. Yoga is one of six orthodox schools of Hindu philosophy, and the "Yoga Sutras of Patanjali" contains 196 aphorisms that form the basis of Raja Yoga. Patanjali uses his text to explain different facets of the philosophy, leading people to achieve Kaivalya, the ultimate goal of detachment. The sutras begin with the most basic concentration, and then progresses to discipline, manifestation, and finally, emancipation of the transcendental ego. Patanjali also explains how one can find the path to Kaivayla with the eight limbs of Yoga; non-violent thoughts, cleanliness, healthy living, meditation, and others are explained as essential actions to achieving self-liberation. Patanjali lived sometime between the 1st century BCE and the 5th century BCE. While all critics agree that

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Patanjali is the great compiler of the Yoga Sutras, many deliberate about whether or not he created the meditational philosophy. Some even speculate that Patanjali borrowed some of his sutras from other authors. Regardless, the "Yoga Sutras of Patanjali" is now considered to be one of the most important textual sources for the practice of yoga. This edition is printed on premium acid-free paper and is translated with a preface by William Q. Judge.

Yoga Sutras

The Yoga Sutras (aphorisms) the Wisdom of Paramhansa Yogananda

Patanjali Yoga Sutras

Yoga-Anatomie

Die Grundlegenden Yoga-Sutras von Patanjali

Dieses Buch ist eine Sammlung von 195 Sanskrit sutras (Aphorismen) über die Theorie und Praxis des yoga. Das Yoga-Sutra wurde irgendwann zwischen 500 v. Chr. und 400 N. CHR. von dem weisen Patanjali in Indien zusammengestellt, der wissen über yoga aus viel älteren Traditionen synthetisierte und organisierte. Der yoga-S?tra von Patañjali war der am meisten übersetzte alte Indische text im Mittelalter, nachdem er in etwa vierzig Indische Sprachen und zwei nicht-Indische Sprachen übersetzt worden war: alt-Javaner und Arabisch. Jahrhundert befand es sich in relativer Dunkelheit und feierte im späten 19. Jahrhundert aufgrund der Bemühungen von

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Swami Vivekananda, der Theosophischen Gesellschaft und anderen gegründet. Es gewann als comeback-Klassiker im 20. Jahrhundert zeigt die Geschichte, dass die mittelalterliche Indische yogaszene von den verschiedenen anderen Texten wie der Bhagavad Gita und dem Yoga Vasistha, Texten, die Yajnavalkya und Hiranyagarbha zugeschrieben werden, sowie Literatur über hatha yoga, tantrisches yoga und Pashupata Shaivism yoga und nicht das Yoga S?tra von Patañjali dominiert wurde. Die yoga-tradition betrachtet den Yoga-S?tra von Patañjali als einen der grundlegenden Texte der klassischen Yoga-Philosophie. Die Aneignung - und Unterschlagung-der Yoga-Sutras und Ihr Einfluss auf spätere Systematisierungen des yoga wurden jedoch von Gelehrten wie David Gordon White in Frage gestellt, aber von anderen wie James Mallinson bestätigt. Moderne yoga-Gelehrte wie Philipp A. Maas und Mallinson betrachten Den bhasya-Kommentar zu den Sutras als patanjalis eigene und die Sutras als seine Zusammenfassung älterer yoga-Berichte. Das kombinierte Dokument wird somit als ein einziges Werk betrachtet, das P?tañjalayoga??stra. The Yoga-darshana includes the Yoga-sutras of Patanjali, and the ancient commentary thereon by Vyasa. The Yoga-sutras of Patanjali are the classic formulation of the science of meditation. This science is called raja-yoga, the kingly yoga, because through it one learns to rule one's own mind. Human psychology is analyzed from this standpoint, and the resulting system of meditation is delineated, all in 195 terse sutras.

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A sutra is a "thread" of thought, designed to aid the memory. These brief statements alone do not give the full system. This must be gotten from a commentary. The most authoritative commentary is that by Vyasa, but it is also the most difficult. This is due to its obscure terminology, which will long remain problematic simply because English has no equivalents, and its archaic syntax. For many years, no one could translate it. This task was first accomplished by Ganganatha Jha. Ganganatha Jha was the greatest translator of darshana texts in modern times. The texts of the darshanas, the six schools of Indian philosophy, are written in a specialized technical style. He first translated the Yoga-darshana in 1895, then went on to translate original texts of all the other darshanas. In 1934 he thoroughly revised this translation, making it "as good as it lay in my power to make it." His mastery of archaic darshana syntax makes this what may still be regarded as the best translation of this difficult text." His refined, gentle and retiring nature, combined with his wide culture and intense seriousness gave us the impression of one who lived the religion he professed."--S. Radhakrishnan

It was a wonderful sight to see the Panditji sitting up in a Yogic posture throughout the entire last month of his life without pause."--R. D. Ranade

A classic work of Indian philosophy that succinctly spells out how the mind works and what is needed to attain liberation Compiled in the second or third century CE, the Yoga-Sutra is a road map of human consciousness—and a particularly helpful guide to

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the mind states one encounters in meditation, yoga, and other spiritual practices. It expresses the truths of the human condition with great eloquence: how we know what we know, why we suffer, and how we can discover the way out of suffering. Chip Hartranft's fresh translation and extensive, lucid commentary bring the text beautifully to life. He also provides useful auxiliary materials, including an afterword on the legacy of the Yoga-Sutra and its relevance for us today.

A landmark new translation and edition Written almost two millennia ago, Patañjali's work focuses on how to attain the direct experience and realization of the purusa: the innermost individual self, or soul. As the classical treatise on the Hindu understanding of mind and consciousness and on the technique of meditation, it has exerted immense influence over the religious practices of Hinduism in India and, more recently, in the West. Edwin F. Bryant's translation is clear, direct, and exact. Each sutra is presented as Sanskrit text, transliteration, and precise English translation, and is followed by Bryant's authoritative commentary, which is grounded in the classical understanding of yoga and conveys the meaning and depth of the sutras in a user-friendly manner for a Western readership without compromising scholarly rigor or traditional authenticity. In addition, Bryant presents insights drawn from the primary traditional commentaries on the sutras written over the last millennium and a half.

The Yoga-s?tras of Patañjali

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Ihr Begleiter durch die Asanas, Bewegungen und Atemtechniken: Der Bestseller – erweitert und aktualisiert

The Yoga Sutras of Patanjali

Yoga

Inside the Yoga Sutras

Book I Samadhi Pada This book is a Study Guide for the first of the four books of the Yoga Sutras of Patanjali. It contains the original Sanskrit text with transliteration, English translation, and a word by word breakdown of the translation. There is a thorough commentary on each sutra, which is based firmly in classical yoga, yet written with the Western student in mind. There is an introduction and a comprehensive glossary of the Sanskrit terms used in the text.

What happens as we grow spiritually? Is there a step-by-step process that everyone goes through all spiritual seekers, including those of any or no religious persuasion as they gradually work their way upward, until they achieve the highest state of Self-realization? About 2200 years ago, a great spiritual master of India named Patanjali described this process, and presented humanity with a clear-cut, step-by-step outline of how all truth seekers and saints achieve divine union. He called this universal inner

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experience and process yoga or union. His collection of profound aphorisms a true world scripture has been dubbed Patanjali s Yoga Sutras. Unfortunately, since that time many scholarly translators with little or no spiritual realization have written commentaries on Patanjali s writings that have succeeded only in burying his pithy insights in convoluted phrases like becomes assimilated with transformations and the object alone shines without deliberation. How can any reader understand Patanjali s original meaning when he or she has to wade through such bewildering terminology? Thankfully, a great modern yoga master Paramhansa Yogananda, author of the classic Autobiography of a Yogi has cut through the scholarly debris and resurrected Patanjali s original teachings and revelations. Now, in Demystifying Patanjali, Swami Kriyananda, a direct disciple of Yogananda, shares his guru s crystal clear and easy-to-grasp explanations of Patanjali s aphorisms. As Kriyananda writes in his introduction, My Guru personally shared with me some of his most important insights into these sutras. During the three and a half years I lived with him, he also went with me at great length into the basic teachings of yoga. I was able, moreover, to ask my Guru personally about many of the subjects covered by Patanjali. His explanations have lingered with me, and

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have been a priceless help in the [writing of this book]. "

With the Exposition of Vyasa

Commentary on Yoga Sutras of Patanjali

Discipline of Freedom: The Yoga Sutra Attributed to Patanjali

Yoga Philosophy of Patanjali