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Swami Vivekananda's Yoga Philosophy **Maharishi Patanjali's - Yog-Darshan** **YOGA**
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"Yoga Sutra" is the basic scripture of yoga, in the sense of a Hindu philosophical view, and is essential for anyone who wants to gain deeper insight of the spiritual aspects of yoga. In translation and commentary by the founder and teacher of darshana-yoga, this text reveals the true nature of yoga as the quest for the highest reality. (World Religions) A great spiritual master of ancient times, Patanjali, presented humanity through his Yoga Sutras with a step-by-step outline of how all spiritual aspirants achieve union with God. He called this universal experience "yoga" or "union." Since then, scholars have written commentaries that bury Patanjali's insights in confusing terms like "mental modifications." Thankfully, a modern yoga master--Paramhansa Yogananda--has resurrected Patanjali's original teachings and revelations. In Demystifying Patanjali, Swami Kriyananda shares Yogananda's crystal clear and easy-to-grasp explanations. Yoga Sastra: The Yoga Sutras of Patanjali Examined - With a Notice of Swami Vivekananda's Yoga Philosophy is an unchanged, high-quality reprint of the original edition of 1897. Hansebooks is editor of the literature on different topic areas such as research and science, travel and expeditions, cooking and nutrition, medicine, and other genres. As a publisher we focus on the preservation of historical literature. Many works of historical writers and scientists are available today as antiques only. Hansebooks newly publishes these books and contributes to the preservation of literature which has become rare and historical knowledge for the future. A contemporary interpretation of the foundational text for the practice of yoga. Patañjali's Yoga Sutra (second century CE) is the basic text of one of the nine canonical schools

of Indian philosophy. In it the legendary author lays down the blueprint for success in yoga; now practised the world over. Patañjali draws upon many ideas of his time; and the result is a unique work of Indian moral philosophy that has been the foundational text for the practice of yoga since. The Yoga Sutra sets out a sophisticated theory of moral psychology and perhaps the oldest theory of psychoanalysis. For Patañjali; present mental maladies are a function of subconscious tendencies formed in reaction to past experiences. He argues that people are not powerless against such forces and that they can radically alter their lives through yoga—a process of moral transformation and perfection; which brings the body and mind of a person in line with their true nature. Accompanying this illuminating translation is an extended introduction that explains the challenges of accurately translating Indian philosophical texts; locates the historical antecedents of Patañjali's text and situates Patanjali's philosophy within the history of scholastic Indian philosophy. 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. Exposition of an ancient aphoristic work on Hindu yoga philosophy. This work has been selected by scholars as being culturally important and is part of the knowledge base of civilization as we know it. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. To ensure a quality reading experience, this work has been proofread and republished using a format that seamlessly blends the original graphical elements with text in an easy-to-read typeface. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant. Excerpt from Yoga Sastra: The Yoga Sutras of Patanjali Examined; With a Notice of Swami Vivekananda's Yoga Philosophy It has been the unhappy lot of India to have had for thousands of years a succession of teachers who palmed off their crude ideas as inspired. The result has been, in the words of Sir H. S. Maine, "false morality, false history, false philosophy, false physics." All educated Hindus will admit that the history, geography, and astronomy of the Hindu sacred books are egregiously wrong. In the following pages it is shown that belief in Yoga powers and charms is equally mistaken. Marvellous power may indeed be acquired, but not by Yoga. The reader is advised to follow the course pointed out at page 58. "Awakened India," instead of adopting the Fowl or Tortoise Upset Posture, with his eye fixed on the tip of his nose and seeking "the suppression of the transformations of the thinking principle," should rather endeavour to have his muscles braced like those of Prince Ranjitsinhji, his faculties of observation cultivated like those of Professor Bose, his ability to weigh evidence developed like that of Dr. Bhandarkar. Instead of a dreamy pessimism, let there be active benevolence. Thus would India advance in civilization with a speed before unknown. "Above all, let the deep religious feeling of the Hindu

mind be wisely directed. Let the Bhakti Yoga have for its object the loftiest ideal of majesty, wisdom, goodness and purity. Such is the great Creator and Lord of the Universe." About the Publisher Forgotten Books publishes hundreds of thousands of rare and classic books. Find more at www.forgottenbooks.com This book is a reproduction of an important historical work. Forgotten Books uses state-of-the-art technology to digitally reconstruct the work, preserving the original format whilst repairing imperfections present in the aged copy. In rare cases, an imperfection in the original, such as a blemish or missing page, may be replicated in our edition. We do, however, repair the vast majority of imperfections successfully; any imperfections that remain are intentionally left to preserve the state of such historical works. 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 Vyāsa's Bhāṣya, 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 Aranya, a scholar and yogi of great repute, who, in his lifetime, was the foremost exponent in India of the Samkhya Yoga system of which the Yoga Aphorisms of Patañjali are the principal work. This is *the* book to refer to get a proper understanding of the philosophy of Yoga. I have gone through other books (B. K. S. Iyengar, Georg Feuerstein, Swami Prabhavananda) and some audio cassettes on the Yoga Sutras. This is by far the best book on the subject. The sutras are beautifully explained in layman terms with ample annotations. The sutras in samadhi pada and sadhana pada are covered extensively. Whenever there was a discrepancy in the translation among different authors (such as sutras 18,19,33 of sadhana pada, which have been interpreted very differently) I found the translation and explanation in this book to be most logical, intuitive and complete. Swami Satchidananda's book on the Sutras is one of the best for digging into the background and foundations of the Sutras, and his commentary, unlike Iyengar's and most other eastern commentaries, is clear, simple and easy to understand. Swami Satchidananda is clearly in touch with the truth that he is illuminating with this book, and it's also clear from the powerful tone of authority with which he writes that he has reached the state of awaking which is the end purpose of the Sutras. It is rich in historical information and its tone is true to the purpose of the Sutras. I would recommend it for for all aspiring yogis. The Yoga Sutra is the living source wisdom of the yoga tradition. Using it as a guide, we can unlock the hidden power of yoga, and experience the promise of yoga in our life. The Yoga Sutra is as fresh today as it was 2200 years ago when it was discovered by the sage Patanjali. It is the first practitioner-oriented commentary which is fully grounded in a living tradition. By applying its living wisdom in our practice, we can achieve the purpose of life: lasting fulfillment and ultimate freedom. Providing an explanation of the practical and philosophical foundations of Raja Yoga, The Yoga 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. This pocket edition offers a convenient format for this ageless guide and companion to the student on the Yogic path. Includes the full text of this classic Yoga work, along with brief commentary from a revered master of Raja Yoga. 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. "Patanjali's Yoga Sutras" by Swami Vivekanand. If you are one who is seeking the spiritual path then this book is a perfect for you with its teachings which can be read again and again. The classic sutras are almost 4000 years old. You will find that the sutras are presented in their purest form and in the original Sanskrit script along with the translation, transliteration and commentary by Sri Swami Vivekananda who is best known as a respected Hindu monk (if you are unable to read sanskrit script don't worry all scripts are translated in english). The book is divided into four chapters (pada) as follows: Samadhi Pada, Sadhana Pada, Vibhuti Pada, Kaivalya Pada. Aphoristic work on Yoga philosophy. Yoga refers to an assortment of mental, physical, and spiritual disciplines and practices originating from India. One of the six schools of Indian philosophy, it contains a wide range of schools, practices, and goals in Buddhism, Hinduism, and Jainism. "Yoga Sastra" is an 1897 work by Indian Sanskrit and mathematics scholar Srisa Chandra Vasu (1861 – 1918) that explores the Yoga Sutras of Patanjali with special reference to Swami Vivekananda's Yoga philosophy. Contents include: "The Sankhya System", "The Great Aim of Hindu Philosophy", "Yoga Satra", "The Eight Accessories of Yoga", "Samyama", "The Characteristics of the Hindu Mind", "Examination of the Yoga Sutras", "The True Yoga Sastra", "Disbelief in Occult Powers", "Efforts to Acquire true Knowledge", "The True Bhakti Yoga", etc. This fascinating volume is not to be missed by yoga enthusiasts and those with a particular interest in vintage books on the subject. Many vintage books such as this are becoming increasingly scarce and expensive. We are republishing this volume now in an affordable, modern, high-quality edition complete with a specially-commissioned new introduction on yoga. Note that due to the limitations of some ereading devices not all 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. To ask, "What is meditation?" is like asking, "What is music?" No simple answer can even hope to convey the breadth and richness of this subject. Meditation is a contemplative art, a mental discipline, and a sacred journey. Meditation is a reflective practice, a tranquil retreat, and a joyous excursion. Meditation is simultaneously an aesthetic pursuit, a scientific investigation, and a spiritual path. You could say that meditation is a rainbow of many hues. But to describe meditation with fancy words and elegant expressions is like trying to describe the flavour of a ripe peach. Meditation, like the peach, must be experienced to be understood. Words can never suffice. Yet words of description and explanation are not useless. Words can tell you how to select the ripest fruit from a bushel of peaches. And words can tell you how to meditate, leading you to develop a powerful, rewarding practice. This book provides practical, methodical guidance for all who want to develop a powerful and rewarding practice of meditation. It begins with basic principles and proceeds step by step to more advanced topics while exploring a wide range of meditation techniques. Though the subject is vast attempt has been under to create a concise and user-friendly guidebook. Patanjali Yoga Sutras is an age-old treatise written on the four-fold path of Yoga. It delves into the workings of our mind, body and spirit. Originally written in Sanskrit, this book is by Swami Vivekananda, detailing each sutra, simultaneously guiding us on ways to reach our goals. Starting from the very basics like concentration and meditation, to higher goals like attaining liberation and self-realization, these sutras are meant to teach us ways that help elevate lives and spirits. Easy to practice techniques, simplified life-philosophies and a modern rendering to the age-old wisdom make this book a collector's jewel. "Patanjali's Yoga Sutras" by Swami Vivekanand. If you are one who is seeking the spiritual path then this book is a perfect for you with its teachings which can be read again and again. The classic sutras are almost 4000 years old. You will find that the sutras are presented in their purest form and in the original Sanskrit script along with the translation, transliteration and commentary by Sri Swami Vivekananda who is best known as a respected Hindu monk (if you are unable to read sanskrit script don't worry all scripts are translated in english). The book is divided into four chapters (pada) as follows: Samadhi Pada, Sadhana Pada, Vibhuti Pada, Kaivalya Pada. 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. White retraces the strange and circuitous journey of Patanjali's Yoga Sutra from its ancient origins to today, bringing to life the improbable cast of characters whose interpretations and misappropriations led to its revered place in contemporary popular culture. Sanskrit text with Translation and Commentary By Swami Vivekananda Bring the wisdom of ancient Yoga philosophy into your life in a fresh, accessible, and relevant way. In its highest form, yoga is a practice for your body and your mind. Living the Sutras brings the wisdom of classical yoga philosophy into your life in an accessible and relevant way. The Yoga Sutras, a foundational text of yoga philosophy and practice, written by the guru Patanjali over two thousand years ago, are made up of 196 aphorisms that offer potent teachings on how to deal with loss and pain, and guidance on how to lead a healthy and fulfilling life. Kelly DiNardo and Amy Pearce-Hayden offer an entrée to this yoga training for the mind and spirit by introducing a sutra or group of sutras on a related theme, providing a brief commentary, and writing prompts to allow you to reflect on and apply the meaning of the sutras to your life. The book is at once an introduction to the classical philosophy, a quick guide for students and teachers, and an active self-study that helps you to engage with yoga wisdom in a deeply personal way. This valuable book provides a complete manual for the study and practice of Raja Yoga, the path of concentration and meditation. This new deluxe printing of these timeless teachings is 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. The Sutras are presented here in the purest form, with the original Sanskrit and with translation, transliteration, and commentary by Sri Swami Satchidananda, one of the most respected and revered contemporary Yoga masters. In this classic context, Sri Swamiji offers practical advice based on his own experience for mastering the mind and achieving physical, mental and emotional harmony. A study manual to learn the practice of Yoga, this book, written almost 4,000 years ago by Patanjali, has been a time-tested classic on the theory and practice of Yoga. Translated by Swami Vivekananda, this edition of Patanjali's Yoga Sutras includes the Sanskrit text and an in-depth commentary on each sutra. If you are one who is seeking the spiritual path, then this book, with its timeless wisdom, is perfect for you. The classic sutras cover yogic teachings on topics like ethics, meditation and physical postures. They provide the reader with directions on how one can deal with situations in their everyday life. This book, by decoding the sutras or the thought-threads, will help in mastering the mind to achieve physical, mental and emotional harmony. This work has been selected by scholars as being culturally important, and is part of the knowledge base of civilization

as we know it. This work was reproduced from the original artifact, and remains as true to the original work as possible. Therefore, you will see the original copyright references, library stamps (as most of these works have been housed in our most important libraries around the world), and other notations in the work. This work is in the public domain in the United States of America, and possibly other nations. Within the United States, you may freely copy and distribute this work, as no entity (individual or corporate) has a copyright on the body of the work. As a reproduction of a historical artifact, this work may contain missing or blurred pages, poor pictures, errant marks, etc. Scholars believe, and we concur, that this work is important enough to be preserved, reproduced, and made generally available to the public. We appreciate your support of the preservation process, and thank you for being an important part of keeping this knowledge alive and relevant. This edition includes an extensive preface by Swami Vivekananda, the chief disciple of the 19th century mystic Ramakrishna Paramahansa and the founder of the Ramakrishna Math and the Ramakrishna Mission. He gives the reader deep insights about Yoga and the Ultimate Goal in Life. The Yoga Sutras of Patanjali are in themselves exceedingly brief, yet they contain the essence of practical wisdom, set forth in admirable order and detail. The theme, if the present interpreter be right, is the great regeneration, the birth of the spiritual from the psychical man: the same theme which Paul so wisely and eloquently set forth in writing to his disciples in Corinth, the theme of all mystics in all lands. We think of ourselves as living a purely physical life, in these material bodies of ours. In reality, we have gone far indeed from pure physical life; for ages, our life has been psychical, we have been centred and immersed in the psychic nature. Some of the schools of India say that the psychic nature is, as it were, a looking-glass, wherein are mirrored the things seen by the physical eyes, and heard by the physical ears. But this is a magic mirror; the images remain, and take a certain life of their own. Thus within the psychic realm of our life there grows up an imaged world wherein we dwell; a world of the images of things seen and heard, and therefore a world of memories; a world also of hopes and desires, of fears and regrets. Mental life grows up among these images, built on a measuring and comparing, on the massing of images together into general ideas; on the abstraction of new notions and images from these; till a new world is built up within, full of desires and hates, ambition, envy, longing, speculation, curiosity, self-will, self-interest. The teaching of the East is, that all these are true powers overlaid by false desires; that though in manifestation psychical, they are in essence spiritual; that the psychical man is the veil and prophecy of the spiritual man. Please note: This is a companion version & not the original book. Sample Book Insights: #1 The first and foremost scripture of Yoga is the Yoga S?tras, which were written by the sage Patañjali. Within these two hundred short s?tras, the entire science of Yoga is clearly delineated. #2 The goal of yoga is to control the rising of the mind into ripples. When the mind is controlled, you experience yoga. The Yogic experience is gained by controlling the modifications of the mind. #3 If you can control your thought forms, you are not bound by the outside world. You can make the world a heaven or a hell, depending on your

attitude. Then there is nothing in this world to bind you. #4 The Seer, or true you, is reflected in the mind which is your mirror. Normally, you can't see the true Self because your mind is colored. To see the true reflection, see that the water is clean and calm and without any ripples. 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 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 have been a priceless help in the [writing of this book].” A major work on the practice of yoga and meditation. Learn how you can control your mind and achieve inner freedom and peace through methods taught for over 2,000 years. Our most popular title. ‘YOGA SUTRA’ has its roots in the depth of spirituality, It is an ancient form of living and one cannot deny its relevance and significance in today’s world, Patanjali’s Yoga Sutra, translated from Sanskrit to English by Swami Vivekananda is a guide to anyone who is interested in walking down the spiritual path. The Sutras discussed in the book are almost 4,000 years old and Swamiji has tried its best to present them in his native form. There are four main chapters in the book: Samadhi Pada, Sadhana Pada, Vibhuti Pada and Kaivalya Pada. These Padas take us through yogic teachings, some of which include the importance of meditation, ethics, physical postures, ways to increase concentration, attaining liberation of both mind and body through yoga and ultimately it takes us to the path of self-realization. The book does not only theorize spirituality and yoga, but also reinstates its practice in our daily life, because philosophy and spirituality are void without practice. There is an in-depth and insightful commentary on each of the chapters. The book defines the original philosophic and historic perspective on Yoga

and does not limit itself to the physical practice of yoga, but goes beyond it, The book elevates our day-to-day life in a kind a fulfilling manner. In today's world the significance of this book is highly contextual and can change an individual's perspective towards life. After the publication of Yatharth Geeta, which is a commentary on "Srimad Bhagavad Gita", the devotees requested the revered Swami Ji to throw light on Patanjali's Yog Darshan too because yog is related with self - realisation. It cannot be perceived on material grounds. The revered Maharaj Shree is a Mahapurush who has passed through all the stages of Yog. The present work is the collection of what Maharaj Shree delivered in his preaching. Patañjali divided his Yoga Sutras into four chapters or books (Sanskrit pada), containing in all 196 aphorisms, divided as follows: Samadhi Pada (51 sutras). Samadhi refers to a blissful state where the yogi is absorbed into the One. Samadhi is the main technique the yogin learns by which to dive into the depths of the mind to achieve Kaivalya. The author describes yoga and then the nature and the means to attaining samādhi. This chapter contains the famous definitional verse: "Yoga? citta-vritti-nirodha?" ("Yoga is the restraint of mental modifications").] Sadhana Pada (55 sutras). Sadhana is the Sanskrit word for "practice" or "discipline". Here the author outlines two forms of Yoga: Kriya Yoga (Action Yoga) and Ashtanga Yoga (Eightfold or Eightlimbed Yoga). Kriya Yoga is closely related to Karma Yoga, which is also expounded in Chapter 3 of the Bhagavad Gita, where Arjuna is encouraged by Krishna to act without attachment to the results or fruit of action and activity. It is the yoga of selfless action and service. Ashtanga Yoga describes the eight limbs that together constitute Raja Yoga. Vibhuti Pada (56 sutras). Vibhuti is the Sanskrit word for "power" or "manifestation". 'Supra-normal powers' (Sanskrit: siddhi) are acquired by the practice of yoga. Combined simultaneous practice of Dhāraṇā, Dhyana and Samādhi is referred to as Samyama, and is considered a tool of achieving various perfections, or Siddhis. The temptation of these powers should be avoided and the attention should be fixed only on liberation. The purpose of using samadhi is not to gain siddhis but to achieve Kaivalya. Siddhis are but distractions from Kaivalaya and are to be discouraged. Siddhis are but maya, or illusion. Kaivalya Pada (34 sutras). Kaivalya literally means "isolation", but as used in the Sutras stands for emancipation or liberation and is used interchangeably with moksha (liberation), which is the goal of yoga. The Kaivalya Pada describes the process of liberation and the reality of the transcendental ego. By going through this commentary one can understand what Yog is but the real perception of Yog is possible only after practical pursuit of Yogic - Sadhana. With Tap, Swadhyaya, Ishwar - Pranidhan and chanting of Om, the real Sadhana starts. By their practice, the Avidhya and Kleshas got removed and the self starts transmitting beneficial vistas. In their light alone the Yogic - maxims written by Maharishi Patanjali can be truly comprehended. Yog is direct perception, no oral or written words can explain it. Practical pursuits alone can make the comprehension of Yog - Darshan possible. There are many spiritually elevated people in the world, but not many levitating yogis: and The Yoga Sutras of Patanjali are meant to elevate the spirit of every man, not to teach him how to levitate. This is clearly the gospel of enlightened

living, neither an escape from life nor a hallucinatory 'light'. The attempt in this little book has been to expose that gospel, to avoid technicalities, and to relate the whole yoga philosophy to the ordinary and simple daily life of everyone. There are many excellent translations of the Sutras: this, however, is an interpretative translation. There are several scholarly and erudite commentaries, too: this is definitely not one of them. This book is not meant for the research scholar but for one who is in search of truth which shall free him from self-ignorance.

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