FREE EPUB THE YOGA SUTRAS AN ESSENTIAL GUIDE TO THE HEART OF YOGA PHILOSOPHY (2023)

Yoga Sutras Patanjali'S Yoga Sutras An Introduction to Yoga Philosophy Yoga Sutras of Patanjali The Yoga-sutras of Patanjali Yoga Sutras of Patanjali The Yoga-sutras of Patanjali The Yoga Sutras of Patanjali Patanjali Patanjali Yoga Sutras The Yoga Sutras of Patanjali Yoga Sutras of Patanjali The Yoga Sutras of Patanjali Patanjali Yoga Sutras of Patanjali Yoga Sutras of Patanjali The Yoga Sutras of Patanjali Patanjali Patanjali Patanjali Soga Sutras of Patanjali Yoga Sutras of Patanjali Yoga Sutras of Patanjali The Yoga Sutras of Patanjali Yoga Sutras of Patanjali's Yoga-Sutras of Patanjali's Yoga-Sutras of Patanjali's Yoga-Sutras The Yoga Sutras Of Patanjali: Yoga Sutras Yoga Sutras Yoga Sutras Yoga Sutras of Patanjali's Yoga Sutras of Patanjali Sutras of Patanjali's Yoga Sutras of Patanjali: The Yoga Sutras Yoga Sutras Yoga Sutras of Patanjali's Yoga Sutras of Patanjali Sutras of Patanjali's Yoga Sutras of Patanjali's

Yoga Sutras

2008-07-16

THE YOGA SUTRAS WERE COMPILED ABOUT 2 000 YEARS AGO BY THE SAGE PATANJALI FROM AN ORAL TRADITION REACHING BACK INTO UNKNOWABLE ANTIQUITY HE GIVES US THE ESSENTIAL WISDOM FOR THE PRACTICE OF YOGA AND MEDITATION TO KNOW FIRST HAND THE ESSENCE OF OUR TRUE SELF THE CONSCIOUS INDWELLER THAT ENLIVENS THIS BODY EXPERIENCING THE FULLY CONSCIOUS STATE SHOWS US THE ESSENTIAL TRANSCENDENT NATURE OF THE UNIVERSE TO BRING US A STATE OF UNDISTURBED JOYOUS TRANQUILLITY TRADITIONALLY THIS WISDOM HAS BEEN HANDED DOWN FROM MASTER TO STUDENT AS A TRANSMISSION OF THE MEANS TO LIBERATION PATANJALI TELLS US THAT THE PURE BLISSFUL INNER SELF IS ALREADY ATTAINED AND ALL THAT IS REQUIRED IS TO LOSE INTEREST IN THAT WHICH IS NOT THE SELF THIS IS PRETTY STRAIGHT FORWARD AND WE LEARN ALL WE NEED TO KNOW IN THE FIRST THREE SUTRAS PRESUMING WE WILL NOT GET IT THE FIRST TIME HE GOES ON TO DETAIL THE NATURE OF THE SELF THE PRACTICES THAT WILL AWAKEN US THE ATTAINMENTS THAT ARISE FROM THE PRACTICES AND THEN EXPLAINS ABOUT THE STATE OF FINAL LIBERATION THROUGHOUT THE BOOK WE ARE REMINDED OF TWO FUNDAMENTAL PRACTICES THAT LEAD TO THE FINAL STATE KAIVALYA ONE PRACTICE IS VAIRAGYA DISPASSION NON ATTACHMENT AND THE OTHER IS VIVEKA DISCRIMINATE BETWEEN THE MIND AND THE WATCHER OF THE MIND CONSCIOUSNESS ITSELF WHEN WE CAN REST IN THE STATE OF CONSCIOUSNESS KNOWING ITSELF WE ANSWER THE QUESTION WHO AM I ALSO AVAILABLE FROM THIS AUTHOR THE INNER YOGA OF HAPPINESS

Patanjali'S Yoga Sutras

2022-02-21

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

AN INTRODUCTION TO YOGA PHILOSOPHY

2017-07-31

WITH ITS PROMISE OF PERSONAL IMPROVEMENT PHYSICAL WELL BEING AND SPIRITUAL ENRICHMENT YOGA IS ENJOYING A RESURGENCE IN POPULARITY AT THE TURN OF THE THIRD MILLENNIUM TO UNRAVEL THE MYSTERY OF THE DISCIPLINE ITS PHILOSOPHIES AND RELEVANCE IN CONTEMPORARY LIFE THE ORIGINAL TEXT OF THE YOGA SUTRAS OF PATANJALI MUST BE EXPLORED THIS BOOK OFFERS THE FIRST ACCESSIBLE TRANSLATION AND COMMENTARY ON PATANJALI S YOGA SUTRAS AN INTRODUCTORY SECTION EXAMINES THE MULTIDIMENSIONAL ASPECTS OF YOGA AS PHILOSOPHY PSYCHOLOGY SCIENCE AND RELIGION AS WELL AS EXPLORING POPULAR VERSIONS OF YOGA IN THE WEST THE CORE OF THE BOOK OFFERS A NEW TRANSLATION OF THE ENTIRE TEXT OF THE YOGA SUTRAS IN A LANGUAGE THAT IS CLEAR AND COMPREHENSIBLE TO STUDENTS COMMENTARIES ARE PRESENTED TO HIGHLIGHT THE MEANING OF VARIOUS STATEMENTS SUTRAS AND KEY THEMES ARE OUTLINED VIA SECTIONAL SUMMARIES A FULL GLOSSARY OF KEY WORDS AND NAMES IS ALSO PROVIDED CONCLUDING CHAPTERS LOOK AT YOGA IN CONTEMPORARY LIFE REVEALING THE POPULARITY OF YOGA IN THE 21ST CENTURY THROUGH STAR WARS AND EXPLORING YOGA S CONNECTION TO HEALTH AND SCIENCE CONTRASTING YOGA S HOLISTIC VIEW OF HEALING WITH THAT OF THE LIMITED VIEW OF PRESENT DAY MEDICAL SCIENCE SAMPLE PHYSICAL BREATHING AND MEDITATION EXERCISES ARE PROVIDED AN INTRODUCTION TO YOGA PHILOSOPHY OFFERS A COMPREHENSIVE INTRODUCTION TO THE YOGA SUTRAS TEXT OF PATANJALI TO ALL STUDENTS AND INTERESTED READERS OF INDIAN PHILOSOPHY AND RELIGION WORLD RELIGIONS EAST WEST PSYCHOLOGY AND MYSTICISM

YOGA SUTRAS OF PATANJALI

2001

THE SUTRAS OF PATANJALI ARE PRESENTED IN CLEAR SIMPLE LANGUAGE WITH A SUCCINCT COMMENT ON EACH THE AUTHOR SHOWS THAT THE BEAUTY AND PSYCHOLOGICAL INSIGHT OF YOGIC THOUGHT IS AVAILABLE TO EVERYONE THIS BOOK WILL INTEREST THE NEWCOMER TO YOGA AS WELL AS THOSE WHO ARE ALREADY STUDENTS OF THE PHILOSOPHY

The Yoga-sutras of Patanjali

1963

APPLYING THE TEACHINGS OF THIS BOOK WILL ENLIVEN YOUR YOGA PRACTICE AND DEEPEN YOUR UNDERSTANDING OF YOUR SELF GARY KRAFTSOW AUTHOR OF YOGA FOR WELLNESS AND YOGA FOR TRANSFORMATION PATANJALI S YOGA SUTRAS IS THE KEY TEXT OF YOGA YET FOR MANY YOGA PRACTITIONERS ITS DEEPER TREASURES REMAIN EITHER UNKNOWN OR MIRED IN OBSCURITY RANJU ROY AND DAVID CHARLTON FOCUS ON 18 OF THE MOST IMPORTANT SUTRAS AND SHOW HOW EACH ONE ILLUMINATES THE RELATIONSHIP BETWEEN THE BODY THE BREATH AND THE MIND IN A PRACTICAL CLEAR AND CONTEMPORARY MANNER THE SUTRAS ARE CAREFULLY DECONSTRUCTED PUT INTO CONTEXT AND THEN DEVELOPED INTO IDEAS FOR PRACTICE THE AUTHORS EXAMINE THE INTERPLAY OF THREE KEY TERMS SUPPORT DIRECTION AND SPACE THEY SUGGEST THAT ONLY BY TAKING SUPPORT ON SOMETHING CAN YOU ESTABLISH A CLEAR DIRECTION AND ONLY THEN CAN A SPACE OPEN UP TO GROW INTO THIS FORMULA CAN BE APPLIED AS SUCCESSFULLY TO THE BODY IN ASANA AS TO THE BREATH IN PRANAYAMA AND THE MIND THROUGH MEDITATION WITH ILLUSTRATED ASANA SEQUENCES AND SUGGESTED PRACTICES EMBODYING THE YOGA SUTRA IS BOTH A PRACTICAL AS WELL AS A DEEPLY PHILOSOPHICAL BOOK ROY AND CHARLTON GIVE READERS A WHOLE NEW VOCABULARY WITH WHICH TO UNDERSTAND YOGA AS A LIVING VIBRANT AND DYNAMIC TRADITION

Yoga Sutras of Patanjali

1993

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

Embodying the Yoga Sutra

2019-11-01

THE YOGA SUTRAS OF PATANJALI BOOK 3 VIBH? TI P? DA PATA? JALI S YOGA S? TRAS ARE AN EXPOSITION ON HIGHER CONSCIOUSNESS GIVEN IN A SPECIFIC SEQUENCE OF FOUR INSTALLMENTS CHAPTERS OR BOOKS P? DA THE BOOKS ARE ONLY SEPARATE IN THAT EACH ELABORATES ON A PARTICULAR ASPECT OF HIGHER CONSCIOUSNESS IN THE CONTEXT OF YOGA VIBH? TI P? DA THE THIRD BOOK IS A BRIDGE BETWEEN THE SECOND S? DHANA P? DA ON PRACTICE AND THE FOURTH KAIVALYA P? DA ON LIBERATION OR THE BRIDGE BETWEEN PRACTICE AND LIBERATION THE BOOK IS PUBLISHED USING THE INTERNATIONAL ALPHABET OF SANSKRIT TRANSLITERATION IAST

SANKARA ON THE YOGA SUTRAS

2017-01-01

PROVIDING AN EXPLANATION OF THE PRACTICAL AND PHILOSOPHICAL FOUNDATIONS OF RAJA YOGA THE YOGA SPATA JALI IS ARGUABLY THE MOST IMPORTANT TEXT ON YOGIC PHILOSOPHY THE YOGA STARS OF PATA JALI 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 1700 YEARS AGO THESE THREADS OR APHORISMS WERE COMPILED BY THE INDIAN SAGE PATA JALI 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

Yoga Sutras of Patanjali - Book 3

2012-12-31

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

THE YOGA SUTRAS OF PATANJALI

2012-01-01

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 MIZ

Patanjali Yoga Sutras

2014-01-01

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

The Yoga Sutras of Patanjali

2012-08-13

APHORISTIC WORK ON THE MEDITATIONAL FUNDAMENTALS OF THE YOGA SCHOOL OF INDIC PHILOSOPHY

Yoga Sutras of Patanjali - Book 2

2008-01-18

A CONTEMPORARY INTERPRETATION OF THE FOUNDATIONAL TEXT FOR THE PRACTICE OF YOGA PATA? JALI 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 PATA? JALI 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 PATA? JALI 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 RULE NATURE ACCOMPANYING THIS ILLUMINATING TRANSLATION IS AN EXTENDED INTRODUCTION THAT EXPLAINS THE CHALLENGES OF ACCURATELY TRANSLATING INDIAN PHILOSOPHICAL TEXTS LOCATES THE HISTORICAL ANTECEDENTS OF PATA? JALI S TEXT AND SITUATES PATANJALI S PHILOSOPHY WITHIN THE HISTORY OF SCHOLASTIC INDIAN PHILOSOPHY

THE YOGA-SUTRA OF PATANJALI

1890

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

The Yoga Sutra of Patanjali

2012

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

PATANJALI'S YOGA SUTRA

2008-05-30

UNLOCKING THE SECRETS OF PATANJALI S YOGA A PATH BREAKING GUIDE FOR MIND BODY BALANCE AUTHOR NICOLAI BACHMAN SKILLFULLY DEMYSTIFIES THE PRACTICES OF THE 2000 YEAR OLD PATANJALI YOGA TRADITION FOR MODERN READERS THE BOOK COVERS FIVE SECTIONS ON THE CENTRAL TEACHINGS OF PATANJALI ADDRESSING CONCERNS PERTAINING TO THE MIND AND BODY EACH SUTRA BEAUTIFULLY EXPLAINS THE YOGA PHILOSOPHY OF THE ASANAS WITH PRACTICAL EXAMPLES THAT CAN BE APPLIED IN THE FABRIC OF OUR LIVES FROM EMOTIONAL AFFLICTIONS AND PRESERVATION OF ENERGY TO OPTIMAL FOCUS FOR HEART MIND BALANCE THE BOOK IS METICULOUSLY RESEARCHED TO BROADEN OUR UNDERSTANDING OF THE YOGA PHILOSOPHY BACHMAN ENLIGHTENS US ON THE ANCIENT KNOWLEDGE OF PATANJALI WITH CONTEMPORARY WISDOM AND DEPTH FOR LAY READERS AS WELL AS YOGA PRACTITIONERS THE PATH OF THE YOGA SUTRAS IS FOR ANYONE WHO BELIEVES IN INTEGRATING YOGIC PHILOSOPHY WITH PRACTICE FOR A HOLISTIC LIFE EXPERIENCE NICOLAI BACHMAN HAS BEEN TEACHING SANSKRIT AYURVEDA CHANTING AND YOGA RELATED TOPICS FOR OVER 15 YEARS HE IS THE AUTHOR OF SEVERAL BOOK AND CD LEARNING TOOLS INCLUDING THE YOGA SUTRAS THE FIRST HOME STUDY COURSE OF ITS KIND

LIGHT ON THE YOGA SUTRAS OF PATANJALI

2012-06-28

THE YOGA SP TRAS OF PATA DISTUTUTE 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 RD 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

The Yoga Sutras of Patanjali

1990

A LANDMARK NEW TRANSLATION AND EDITION WRITTEN ALMOST TWO MILLENNIA AGO PATA? JALI 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 Path of the Yoga Sutras

2016-05-30

THIS SHORT COURSE SETS OUT A DETAILED STUDY OF THE TEXT PHILOSOPHY AND SIGNIFICANCE OF THE MILLENNIA OLD YOGA SYSTEM DEFINED IN THE YOGASUTRAS THE POPULAR PRACTICE OF YOGA FINDS ITS ORIGIN IN ONE OF THE MOST VENERATED WISDOM BOOKS OF INDIA THE YOGASUTRAS COMPRISED OF 196 SHORT STATEMENTS ON THE ESSENTIAL TEACHINGS OF YOGA PATANJALI S YOGASUTRAS HOLDS THE POSITION OF BEING THE SEMINAL WORK THAT DEFINES THE YOGA SYSTEM OVER THE CENTURIES MANY IMPORTANT COMMENTARIES HAVE BEEN WRITTEN THAT SEEK TO EXPLAIN AND EXTRAPOLATE THE FULL MEANING OF THE SUTRAS AND TO THIS DAY THE TEXT CONTINUES TO BE APPRECIATED FOR THE PROFOUND WISDOM CONTAINED WITHIN IT WHILE THE YOGASUTRAS WERE ORIGINALLY WRITTEN IN SANSKRIT THIS SHORT COURSE OFFERS AN ACCESSIBLE TRANSLATION AND COMMENTARY WITHOUT SACRIFICING ANY OF ITS PROFOUND WISDOM THIS EDITION WILL ALLOW THE READER TO STUDY AND DIVE INTO THE MEANING AND PHILOSOPHY OF THIS ANCIENT TEXT WITH ITS SIGNIFICANT CONTEMPORARY RELEVANCE YOGA STUDENTS PRACTITIONERS AND SCHOLARS ALIKE WILL APPRECIATE THE WAY IN WHICH THIS SHORT COURSE GUIDES THE READER THROUGH THE TEXT

THE YOGA SUTRAS OF PATANJALI

2019-06-28

ALTHOUGH THE ENGLISH VERSION OF THIS BOOK WAS PUBLISHED MORE THAN A CENTURY AGO 1912 IT IS IN FACT ONE OF THE OLDEST BOOKS IN HISTORY AS IT PRESENTS THE TRUTHS THAT HAVE BEEN A PART OF THE SEMINAL ORAL BOOK OF INDIAN PRACTICAL PHILOSOPHY WHICH WAS PRACTICES ABOUT TWO THOUSAND YEARS AGO DESPITE ITS OLD AGE THE BOOK EXPRESSES UNIVERSAL TRUTH AND IS STILL TOPICAL TODAY

THE YOGA SUTRAS OF PATA? JALI

2015-01-27

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 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

The Yoga Sutras

2020-03-10

A STUDY OF THE HUMAN PSYCHE AND COMPLETE MANUAL FOR THE STUDY AND PRACTICE OF YOGA

The Yoga Sutras of Patanjali: The Book of the Spiritual Man

2022-05-28

EN 195 APHORISMES LES YOGA SUTRAS DE PATANJALI CODIFIENT L ENSEIGNEMENT D'UNE PRATIQUE TRADITIONNELLE PLUSIEURS FOIS MILL? NAIRE C EST L ESPRIT M? ME DU YOGA QUI SE TROUVE ICI D? CRIT R? SUM? EN UNE S? RIE DE REMARQUES LAPIDAIRES ET LUMINEUSES VRAI TRAIT? DE CONNAISSANCE DE SOI CET OUVRAGE EST L'UN DES TEXTES MAJEURS DE L'HUMANIT? SON MESSAGE TRANSCENDANT LES SI? CLES SE R? V? LE BIEN PLUS QUE MODERNE ESSENTIEL

The Yoga Sutras of Patanjali

2010-03-24

THIS BOOK IS A COLLECTION OF 195 SANSKRIT SUTRAS APHORISMS ON THE THEORY AND PRACTICE OF YOGA THE YOGA SUTRA WAS COMPILED SOMETIME BETWEEN 500 BC AND 400 AD BY THE SAGE PATANJALI IN INDIA WHO SYNTHESIZED AND ORGANIZED KNOWLEDGE OF YOGA FROM MUCH OLDER TRADITIONS THE YOGA STRA OF PATA? JALI WAS THE MOST TRANSLATED ANCIENT INDIAN TEXT IN THE MIDDLE AGES HAVING BEEN TRANSLATED INTO ABOUT FORTY INDIAN LANGUAGES AND TWO NON INDIAN LANGUAGES OLD JAVANESE AND ARABIC IN THE LATE 19TH AND EARLY 20TH CENTURIES IT WAS IN RELATIVE DARKNESS AND MADE A COMEBACK IN THE LATE 19TH CENTURY IT WAS FOUNDED IN THE 19TH CENTURY DUE TO THE EFFORTS OF SWAMI VIVEKANANDA THE THEOSOPHICAL SOCIETY AND OTHERS IT REGAINED IMPORTANCE AS A COMEBACK CLASSIC IN THE 20TH CENTURY IN THE 19TH CENTURY HISTORY SHOWS THAT THE MEDIEVAL INDIAN YOGA SCENE WAS DOMINATED BY THE VARIOUS OTHER TEXTS SUCH AS THE BHAGAVAD GITA AND THE YOGA VASISTHA TEXTS ATTRIBUTED TO YAJNAVALKYA AND HIRANYAGARBHA AS WELL AS LITERATURE ON HATHA YOGA TANTRIC YOGA AND PASHUPATA SHAIVISM YOGA AND NOT THE YOGA STRA OF PATA? JALI THE YOGA TRADITION CONSIDERS THE YOGA STRA OF PATA? JALI TO BE ONE OF THE FUNDAMENTAL TEXTS OF CLASSICAL YOGA PHILOSOPHY THE APPROPRIATION AND EMBEZZLEMENT OF THE YOGA SUTRAS AND THEIR INFLUENCE ON LATER SYSTEMATIZATIONS OF YOGA WERE HOWEVER QUESTIONED BY SCHOLARS SUCH AS DAVID GORDON WHITE BUT AFFIRMED BY OTHERS SUCH AS JAMES MALLINSON MODERN YOGA SCHOLARS SUCH AS HIS SUMMARY OF OLDER YOGA ACCOUNTS THE COMBINED DOCUMENT IS THUS REGARDED AS A SINGLE WORK THE PTA? JALAYOGASTRA

Yoga Sutras of Patanjali

2005-07

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 YOGA SUTRAS OF PATANJALI

2017-01-24

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 BOOK JACKET

Patanjali's Yoga Sutras

1978

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 RE-APPRAISAL OF PATANJALI'S YOGA-SUTRAS IN THE LIGHT OF THE BUDDHA'S TEACHING

1995

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

Yoga-Sutras

2013-11-25

ILLUSTRATED GUIDE TO LEARNING THE YOGA PHILOSOPHY AND PSYCHOLOGY AS DESCRIBED IN THE YOGA SUTRAS OF PATANJALI

THE BASIC YOGA-SUTRAS OF PATANJALI

2021-01-28

IN THIS MUCH ANTICIPATED VOLUME ORIT SEN GUPTA S ATTENTIVE TRANSLATION SERVES THE NEEDS OF STUDENTS OF WISDOM AND PRACTITIONERS OF YOGA ALIKE CLEAR PRECISE AND INSIGHTFUL IT OFFERS THREE DISTINCT ARRANGEMENTS OF THE TEXT ALLOWING AN ENGAGEMENT WITH IT AS WRITTEN PHILOSOPHICAL TREATISE AND IN ITS ORIGINAL SPIRIT AS SUTRA COMPOSED FOR CHANTING AND HEARTFUL INQUIRY PART ONE SETS OUT EACH SUTRA IN THE ORIGINAL DEVANAGARI SCRIPT FOLLOWED BY A SANSKRIT TRANSLITERATION AND THEN BY A CAREFUL ENGLISH TRANSLATION AS CLOSE AS POSSIBLE TO THE ORIGINAL EACH WORD HERE IS TRANSLATED SEPARATELY TO ENCOURAGE STUDENTS TO HAVE THEIR OWN DIRECT ENCOUNTER WITH PATANJALI S PHILOSOPHY AND EXPRESSION IN ADDITION A LEXICON OF MAIN TERMS IS PROVIDED TO ASSIST STUDENTS IN BUILDING THEIR WORKING KNOWLEDGE OF SANSKRIT YOGIC VOCABULARY PART TWO IS A BILINGUAL ARRANGEMENT OF THE SUTRAS ON FACING PAGES ARRANGED FOR FLUENT READING AND IMMEDIATE CLARITY IT IS IDEAL AS AN ACCOMPANIMENT TO CHANTING PRACTICE INVITING CONTEMPORARY YOGIS TO EXPERIENCE THE INTEGRATED UNDERSTANDING THAT CAN COME WITH LEARNING BY HEART AND THE RHYTHM OF PATANJALI S RENOWNED GENIUS FINALLY PART THREE PROVIDES A FULL VERSION OF THE SUTRAS IN UNBROKEN DEVANAGARI SCRIPT FOR ESTABLISHED OR ASPIRING READERS OF SANSKRIT INNOVATIVELY ARRANGED AND METICULOUSLY PREPARED THIS TRANSLATION WILL PROVE A DELIGHT TO DEDICATED YOGIS EVERYWHERE PROVING AS ESSENTIAL FOR INTEGRATED PRACTICE AS A MAT AND A SITTING CUSHION

Patanjali's Yoga Sutras

2015-11-08

THE BASIC QUESTIONS OF WHO AM I WHERE AM I GOING WHAT IS THE PURPOSE OF LIFE ARE ASKED BY EVERY GENERATION AND PATANJALI S ANSWERS GIVEN IN THE THIRD CENTURY BC FORM ONE OF THE OLDEST SPIRITUAL TEXTS IN THE WORLD THAT WHICH UNITES IS CALLED YOGA AND IS THUS MUCH BROADER THAN THE FORM OF EXERCISE SO POPULAR TODAY IT IS A WAY TO RESTORE OUR LOST WHOLENESS OUR INTEGRITY AS COMPLETE HUMAN BEINGS BY UNIFYING THE PERSONALITY AROUND A CENTRE THAT IS SILENT AND UNBOUNDED ALISTAIR SHEARER S SUPERB INTRODUCTION AND TRANSLATION BRING THESE ANCIENT VITAL TEACHINGS TO LIFE IN THE MODERN WORLD AND ARE FOR ALL THOSE WHO SEEK THE BENEFITS OF SELF KNOWLEDGE

The Yoga-darshana

2002

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 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

PATA? JALI'S YOGA-SUTRAS

1974

DEMYSTIFYING PATANJALI: THE YOGA SUTRAS

2013-06-03

YOGA SASTRA - THE YOGA SUTRAS OF PATANJALI EXAMINED WITH A NOTICE OF SWAMI VIVEKANANDA'S YOGA PHILOSOPHY

2016-10-04

Yoga Sutras of Patanjali

2012-09

Patanjali's Yoga Sutras

2013-10-04

THE YOGA SUTRAS OF PATA? JALI

2002

Yoga Sutras of Patanjali

2021-04-01

THE YOGA SUTRAS OF PATA? JALI: A COLLECTION OF TRANSLATIONS

2021-08-05

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