



The Yoga Sutras of Patanjali (Paperback)

By Charles Johnston, Patanjali

Digireads.com, United States, 2012. Paperback. Book Condition: New. Reprint. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.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 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 Patanjali is the great compiler of the Yoga Sutras, many deliberate about whether or not he created the meditational philosophy. Some even speculate...



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Reviews

This publication may be really worth a go through, and a lot better than other. It really is written in simple terms and never difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Natalie Abbott**

This book will not be simple to get going on reading but extremely exciting to read through. Yes, it can be play, still an interesting and amazing literature. I am very easily could possibly get a delight of reading a written book.

-- **Rene Olson**

Other Books



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Penguin Books Australia, Australia, 1994. Paperback. Book Condition: New. James Marshall (illustrator). Reprint. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such beloved authors...



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Fox on the Job: Level 3 (Paperback)

Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. James Marshall (illustrator). Reissue. 224 x 150 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin launched their Easy-to-Read program. Favorite stories by such beloved...



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Buddy, the First Seeing Eye Dog (Paperback)

Scholastic US, United States, 2014. Paperback. Book Condition: New. Don Bolognese (illustrator). 224 x 150 mm. Language: English . Brand New Book. With inspiring and educational stories, Scholastic s Hello Reader series caters to the spectrum of reading abilities among beginning readers....



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Abingdon Press, United States, 2009. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. Three Simple Rules for Christian Living by Jeanne Torrence Finley and Rueben P. Job This small-group study by Jeanne Torrence Finley is based...