Light on the Yoga Sutras of Patanjali

By B.K.S. Iyengar


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Godfrey Devereux, author of Dynamic Yoga The Yoga Sutras of Patanjali is a collection of 196 aphorisms, each one concerning an aspect of the path to enlightenment through yoga. Acclaimed as one of the most profound and enlightening studies of human nature and the search for spiritual liberation, the Sutras were compiled over 2,000 years ago. B.K.S. Iyengar's classic translation also contains his own detailed commentary on each Sutra. The result is an accessible, helpful book, of immense value both to students of Indian philosophy and practitioners of yoga alike. I am indebted to Thronson for this special edition of Light on the Yoga Sutras of Patanjali, enabling readers to take a dip in sadhanii and savour the nectar of immortality. B.K.S. Iyengar. 14 December 2001 XVI. Light on the Yoga Sutras of Patanjali. ISBN. 0007145160 (ISBN13: 9780007145164). *Iyengar identifies Patanjali with the grammarian who lived some four hundred years earlier, but this is more of a traditional understanding than it is historical; most scholars including Georg Feuerstein and Mircea Eliade believe that Patanjali the grammarian and Patanjali the author of the Yoga Sutras are different persons who lived at different times.
Patanjali wrote this collection of yoga wisdom over 2,000 years ago. They are amongst the world’s most revered and ancient teachings and are the earliest, most holy yoga reference. The Sutras are short and to the point, each being only a line or two long. BKS Iyengar has translated each one, and provided his own insightful commentary and explanation for modern readers. The Sutras show the reader how we can transform ourselves through the practice of yoga, gradually developing the mind, body and emotions, so we can become spiritually evolved. The Sutras are also a wonderful introduction to the Yoga Sutras of Patanjali the classical work on yoga that deals with all dimensions of yoga and is there as a road map for progressively training the human consciousness for the highest level of growth towards self-transcendence. The present study has attempted to present the multidimensional aspect of the Yoga Sutras through hermeneutic interpretation in the light of the body of current advances in medical neuroscience. Neuroscience is considered as the ultimate science of human studies. Advances in neuroscience is reaching new frontiers in our quest to understand ourselves be Patanjali Yoga Sutras. Website. Master Hector Ramos. They concern more specifically the life preparation for the true training in yoga practice, and when practiced, bring the entire lower nature into such a condition that the more drastic methods can produce rapid effects. The methods refer to the eight means of yoga or union, enumerated as follows: the commandments, the rules, posture or attitude, right control of the life force, abstraction, attention, meditation and contemplation. (See Book II. Sutras 29 to 54, and Book III. Sutras 1 to 12.) The Commandments, the Rules, posture of attitude, right control of the life force, abstraction, attention, meditation and contemplation.
BKS Iyengar is renowned throughout the world; his inspired commentary on the ageless treatise by the ancient sage speaks to the soul of every dedicated yogi." Phil Catalfo, Yoga Journal.

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Godfrey Devereux, author of Dynamic Yoga The Yoga Sutras of Patanjali is a collection of 196 aphorisms, each one concerning an aspect of the path to enlightenment through yoga. Acclaimed as one of the most profound and enlightening studies of human nature and the search for spiritual liberation, the Sutras were compiled over 2,000 years ago. B.K.S. Iyengar's classic translation also contains his own detailed commentary on each Sutra. The result is an accessible, helpful book, of immense value both to students of Indian philosophy and practitioners of yoga alike. I am indebted to Thorsons for this special edition of Light on the Yoga Sutras of Patañjali, enabling readers to take a dip in sadhanii and savour the nectar of immortality. B.K.S. Iyengar. 14 December 2001 XVI. The Yoga SÅ¬tra of Patañjali was the most translated ancient Indian text in the medieval era, having been translated into about forty Indian languages and two non-Indian languages: Old Javanese and Arabic. The text Bellur Krishnamachar Sundararaya Iyengar Light on the Yoga Sutras of Patanjali. In vibhuti pada, Patañjali first shows the sadhaka the need to integrate the intelligence, ego and īśvā principle. He then guides him in the subtle disciplines: concentration (dharana), meditation (dhyana) and total absorption (samadhi). With their help, the intelligence, ego and īśvā principle are sublimated. Patañjali begins this pada with dharana, concentration, and points out some places within and outside the body to be used by the seeker for concentration and contemplation. If dharana is maintained steadily, it flows into dhyana (meditation). When the meditator and the object meditated upon become one, dhyana flows into samadhi. Thus, dharana, dhyana and samadhi are interconnected. Patanjali Yoga Sutras. vibrations of light, when they are very low, we do not see; when they become a little more intense they become light to us; when they become still more intense we do not see them; it is dark to us. Is the darkness in the end the same as in the beginning? Certainly not; it is the difference of the two poles. Patanjali Yoga Sutras. reason can explain the world? The sensible will be the limit to our knowledge if we cannot go farther, if we must not ask for anything more. Patanjali's Yoga Sutras is the bible of yoga. BKS Iyengar is renowned throughout the world for his inspired commentary on the ageless treatise by the ancient sage speaks to the soul of every dedicated yogi. Phil Catalfo, Yoga Journal. From the Back Cover. Patanjali wrote this collection of yoga wisdom over 2,000 years ago. They are amongst the world's most revered and ancient teachings and are the earliest, most holy yoga reference. The Sutras are short and to the point each being only a line or two long. BKS Iyengar has translated each one, and provided his own
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Why did Patañjali begin the Yoga Sutras with a discussion of so advanced a subject as the subtle aspect of consciousness? We may surmise that intellectual standards and spiritual knowledge were then of a higher and more refined level than they are now, and that the inner quest was more accessible to his contemporaries than it is to us. Today, the inner quest and the spiritual heights are difficult to attain through following Patañjali’s earlier expositions. Nature’s turbulence will again obscure the light of the purusa as the sadhaka is again caught up in the wheel of joy and sorrow. But he who has reached the divine union of purusa and prakrti, and then redoubles his efforts, has only kaivalya before him. Characteristics of Purusa. Swami Venkatesananda lived the spirit of the Yoga Sutras of Patanjali. Day after day the light Yoga Sutras of Patanjali - Xs4all. 529 PagesÂ·2007Â·2.78 MBÂ·6,111 Downloads. RAJA YOGA. The Yoga Sutra’s of Patanjali according to Shri Yogacharya Ajita. This book Yoga Sutras of Patanjali. 529 PagesÂ·2007Â·2.78 MBÂ·5,982 Downloads.Â The Yoga Sutras of Sage Patanjali is an ancient classical text which succinctly presents Light on Yoga: The Bible of Modern Yoga. 546 PagesÂ·2011Â·12.27 MBÂ·67,531 Downloads. B.K.S. Iyengar, Yehudi Menuhin, Light on Yoga (zlibraryexau2g3p_onion).pdf Light on Yoga 100 Ways to Motivate Others. 191 PagesÂ·2005Â·544 KBÂ·261,713 Downloads. Godfrey Devereux, author of Dynamic Yoga The Yoga Sutras of Patanjali is a collection of 196 aphorisms, each one concerning an aspect of the path to enlightenment through yoga. Acclaimed as one of the most profound and enlightening studies of human nature and the search for spiritual liberation, the Sutras were compiled over 2,000 years ago. B.K.S. Iyengar's classic translation also contains his own detailed commentary on each Sutra. The result is an accessible, helpful book, of immense value both to students of Indian philosophy and practitioners of yoga alike.Â I am indebted to Thorsons for this special edition of Light on the Yoga Sutras of Patañjali, enabling readers to take a dip in sadhanii and savour the nectar of immortality. B.k.s. iyengar. 14 December 2001 XVI.