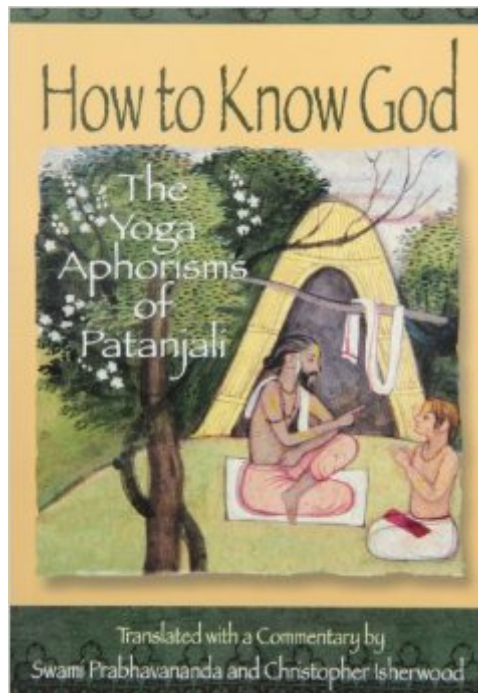




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How To Know God: The Yoga Aphorisms Of Patanjali



Synopsis

The Yoga Aphorisms of Patanjali is a major work on the practice of yoga and meditation. Through these ancient aphorisms you will learn how to control your mind and achieve inner peace and freedom. Although these methods were taught over 2,000 years ago, they are as alive and effective today as they have ever been. The 2008 edition has been reset and now has an extensive index for reference.

Book Information

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Customer Reviews

A rendering at once lively and profoundly instructive of a world classic which ... remains as vividly topical, as realistically to the point, as when it first saw the light. --Aldous Huxley, author of Brave New World...The Soul does not love; It is Love Itself. It Does not Exist; It is Existence Itself. It does not Know; It is Knowledge Itself.--- Patanjali --Quoted by George Harrison in his final album. A beautiful translation, and our personal favorite by far. --Books for Inner DevelopmentNo matter what his religious belief, a person can only be the richer for having studied this translation of the famous Aphorisms of Patanjali. The language is simple so that anyone can read it and derive spiritual benefit from it if they are open-minded. I can recommend it both for the one who has become familiar with Hindu religion and philosophy and for the one who has not. For the first it is a new and fresh presentation of an old theme; for the second, it is dear, understandable and easy to grasp. It should do much to bring about a meeting of Eastern and Western thought.... There is much in this book to give food for thought and inspiration for spiritual practice. --The AwakenerIt is in the fitness of things that one of the celebrated monks of the Ramakrishna Order in collaboration with the

well-known writer Christopher Isherwood undertook the task of translating the Yoga-Sutras in English and also providing an illuminating commentary thereon, avoiding the technicalities of the system and putting it in a very lucid manner suited for the modern mind.... This makes the book eminently readable for the modern mind and thereby fulfills the great mission of interpreting the East to the West.... The book should be widely read by all spiritual seekers who want to know what yoga is, what its aims are, how it can be practiced, what powers can be attained by it and finally what liberation of the soul consists in. --Bulletin of the Ramakrishna Mission Institute of Culture

The translators have written numerous books on Indian philosophy that speak directly to the western audience. Swami Prabhavananda founded the Vedanta Society of Southern California

This is VERY close to the "meat" of the Yoga Sutras, taking into account consciousness, the "knower". The only thing it doesn't do - is teach the reader how to do first meditation, then sanyama, but neither can be learned by reading a book.

How does one review of book of spiritual wisdom, except perhaps with gratitude? I did not come to this book as a very informed student of anything, I am just some guy. But I will say that the teachings in this book are very clearly rendered in English here (it seems to me), and I also wanted to put in a good word for the excellent explanatory commentaries which follow each of Patanjali's pithy aphorisms in this volume. They help to make the concepts very understandable to the average reader. Reading some of the other reviews of this book, you might be intimidated by some of the long Hindu names for things, but don't be... there aren't that many of them in here, and when there are, I feel they are all clearly dealt with. In short, I highly recommend this wonderful volume to the average reader. You don't need to be a scholar to delve into these powerful, accessible teachings, and there is much to learn.

There are no shortage of works of wisdom translated into English from the vast trove of Eastern-language esoteric writings. But there is a dearth of material translated and written from the perspective of the modern western mindset. This book brings the unique perspective of Western thought and culture (not just translating in the context of Christianity) to its brilliant analogies and concise explanations of each verse...a true treasure of wisdom.

Love this book as a compliment to Sri Swami Satchidanana's translation,

One of my all time favorite Sutras commentaries. Deep understanding combined with the articulate elegance of Christopher Isherwood.

a book worth of study

The book imparts great insight. The only issue I have with the publication that there is no glossary. It is hard to remember the foreign vocabulary. I understand the usage of them because some of them do not have English equivalents, however it would be easier to memorize them with the help of an alphabetical listing and translation at the end of the book. All in all studying the book those words slowly instill into the mind.

Swami Prabhavananda and Christopher Isherwood have collaborated to create this simple and yet poignant translation and commentary of Patanjali's Yoga Sutras. The Yoga Sutras which were written approximately 2000 years ago and form the basis for the Yogic tradition. Originally, the Sutras were passed down orally (Sutra in Sanskrit means "thread") with commentary from the teacher or master. Isherwood is a masterful writer and clearly captures the essence of this tradition in both the cadence and style of the work. Much of the commentary is borrowed from greatly esteemed Vivekananda whose deep wisdom and honest razor sharp insight are true gift. There are many translations of the Yoga Sutras, some arguably more literal, scholarly, and technically accurate. However, this work is one of the most accessible, and beautifully captures the essence and wisdom of the work.

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