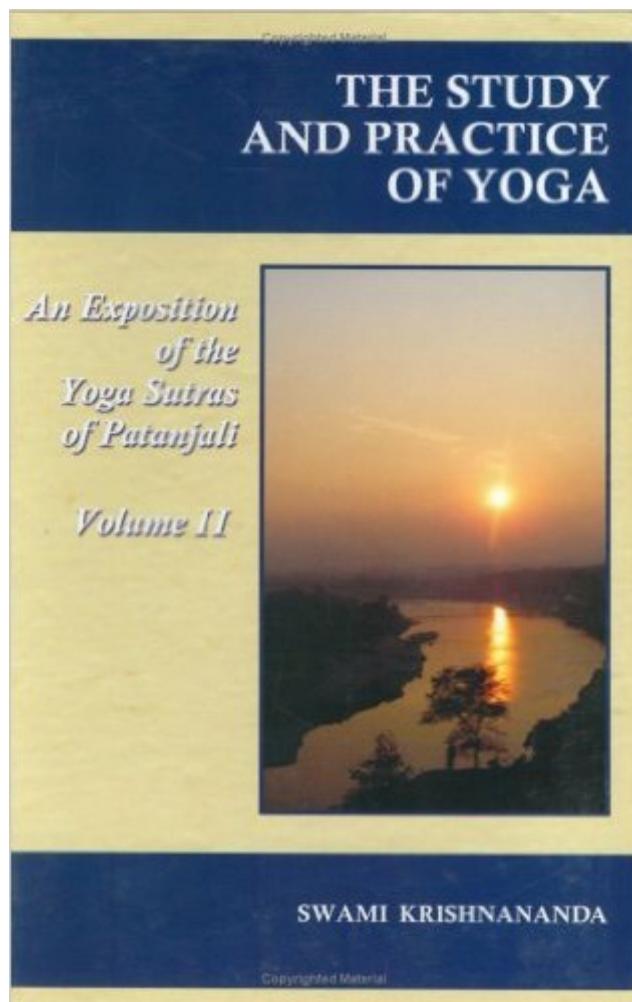


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# The Study And Practice Of Yoga/An Exposition Of The Yoga Sutras Of Patanjali/Volumell



## **Synopsis**

Patanjali's Yoga Sutras are aphoristic prescriptions in the form of pithy one-liners for leading the mind into deeper states of absorption in the state of Samadhi, where the individual merges with the Absolute. A tranquil mind is a pre-requisite for attaining the higher states of awareness and the Yoga Sutras are a graduated manual for the achievement of this goal. The aphorisms in their original form can not be understood easily. Swami Krishnananda's commentary is easy to decipher and reader friendly, lucid style probes into the aphorisms and lays before seekers the approach to understanding the mind and its machinations, and how the hurdles that make meditation difficult can be overcome. The rendition and style in which this has been made possible is a tribute to Swamiji's love for truth. This series of two volumes is an all encompassing spiritual guide. The teachings are progressive in content and begin where most seekers find themselves when spiritual aspiration dawns and the need for higher understanding is felt. The reader is led gradually through the different aspects of practice and mind management. Volume I, which covers the Samadhi Pada, the first of the four sections of the Yoga Sutras, and provides a good introduction and in-depth understanding of the philosophy and practice of yoga including the levels of consciousness that are attained, has been printed first. Volume II covers the Sadhana Pada and Kaivalya Pada which go into further detail about the practice of yoga using the aphoristic rungs of Patanjali Yoga sutras as a veritable stairway on the path of the ascent of the spirit. Nothing is left unsaid as Swamiji brings the teachings together in two volumes as a complete treatise on this spiritual path.

## **Book Information**

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## **Customer Reviews**

This is some of the wisest, simplest, most practiced and experienced, astute, clear, humane, and

fully mature writing on spiritual practice I have ever read. There is no fluff, no occasional descent into emotional indulgence or bombast, no subtle manipulation or ego trip, no propaganda or polemics, just straight ahead, level-headed, dead on the money practical guidance in real spiritual development. Page after page after page of simple, unpretentious elucidation, astonishingly apt, to the point, and well-expressed. This is the second of two volumes, both equally breathtaking in their simple grasp and beautiful exposition of human life's greatest aim.

Books by enlightened Swamis that know how to explain seemingly abstruse topics in a way that can be understood are rare. This book was actually taken from direct lectures that Krishnananda gave at some point, and you can feel his energy when you read it. It is clear and thought provoking, and worth savoring and re-visiting. I like how he goes into depth on the Third and Fourth Padas of the Yoga Sutras, something many other authors can speak very little about, but that this author has an obvious experiential command over.

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