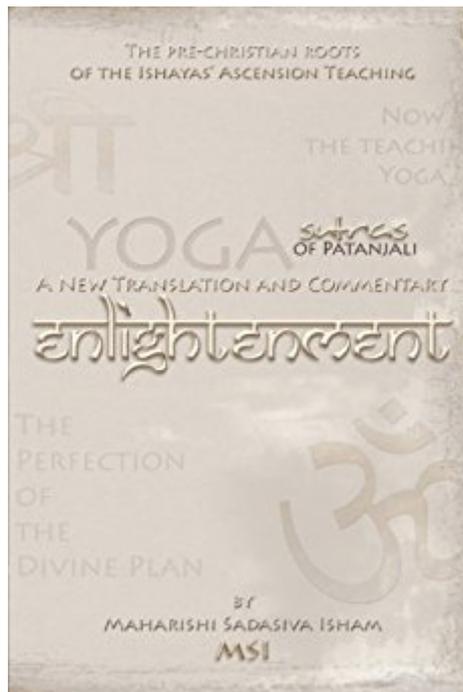


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Enlightenment: The Yoga Sutras Of Patanjali: A New Translation And Commentary



Synopsis

The Yoga Sutras of Maharshi Patanjali are an elegant description of the expansion of consciousness and the psychological, emotional, and physical transformations involved. Many commentators have mistaken the sutras for steps to enlightenment, believing it necessary to renounce normal life and force the mind into silence. Nothing could be further from the truth. This translation and commentary corrects this unfortunate distortion, clearly revealing the power of the sutras to illuminate the nature of the Self and brings to light the true purpose and meaning of Patanjali's words. The Yoga Sutras do not contain the actual techniques to achieve enlightenment, but do describe what happens when proper tools are correctly applied. The techniques themselves have always been passed on through personal instruction, one enlivened heart to another.

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Customer Reviews

This book is by far the best commentary on the Yoga sutra's of Patanjali that I know of. I have plowed through so many of them and MSI seems to strike a very different chord with what he is saying. I recommend this book to anyone who has serious interest in what Patanjali described in his sutras thousands of years ago. This book has actually become something that is a constant

companion on my night table as I reread it over and over again. There seems to be more and more that I get out of it each time. And a lot that I know I am not getting yet. To me that is a signpost that the writer has certainly some serious depth to what he is talking about.

Very clear and transcendental translation of Yoga Sutra, and an easy read. Did not realize that the author was earlier associated with Maharishi Mahesh Yogi's TM movement. Many of his concepts and similies sounded very familiar to those of Maharishi's.

Best translation ever, it actually makes sense and has me excited about Yoga and its practice. MSI rocks, wish he were still on planet but he has left us a great blessing with his written works, meditation technique and international community of mediators who teach the Ishaya's technique. I even use the Ascension technique while I am doing Asana classes and it has greatly increased my focus and enjoyment. Plus, meditation is easy, fun and enjoyable with his technique. Blessings, his other books are great too.

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