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Demystifying Patanjali: The Yoga Sutras (Aphorisms) (Paperback)

By Paramahansa Yogananda

Crystal Clarity, U.S., United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. What happens as we grow spiritually? Is there a step-by-step process that everyone goes through--all spiritual seekers, including those of any or no religious persuasion--as they gradually work their way upward, until they achieve the highest state of Self-realization? About 2200 years ago, a great spiritual master of India named Patanjali described this process, and presented humanity with a clear-cut, step-by-step outline of how all truth seekers and saints achieve divine union. He called this universal inner experience and process yoga or union. His collection of profound aphorisms--a true world scripture--has been dubbed Patanjali's Yoga Sutras.

Unfortunately, since that time many scholarly translators with little or no spiritual realization have written commentaries on Patanjali's writings that have succeeded only in burying his pithy insights in convoluted phrases like becomes assimilated with transformations and the object alone shines without deliberation. How can any reader understand Patanjali's original meaning when he or she has to wade through such bewildering terminology? Thankfully, a great modern yoga master--Paramhansa Yogananda, author of the classic Autobiography of a Yogi--has cut through the scholarly debris and resurrected Patanjali's original...



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