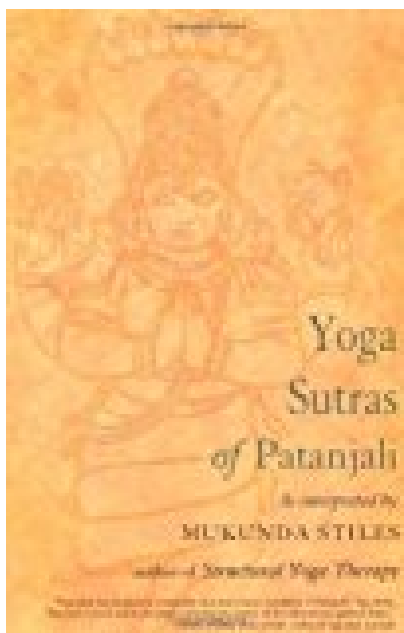


Yoga Sutras of Patanjali With Great Respect and Love



BOOK DETAILS

- Author : Mukunda Stiles
- Pages : 96 Pages
- Publisher : Weiser Books
- Language : English
- ISBN : 1578632013

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BOOK SYNOPSIS

This is an English rendering of the classical text on yoga and meditations that maintains the poetic forms of the sutras. Patanjali is to Yoga what Buddha is to Buddhism. His sutras- scriptural narratives sometimes defined as literally "the path to transcendence"- are a darshan, or philosophical worldview and method to aid the awakening of self-realization. Patanjali reveals a set of landmarks that enable practitioners to lift the veils and study the hidden self, eventually following this path to enlightenment.

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