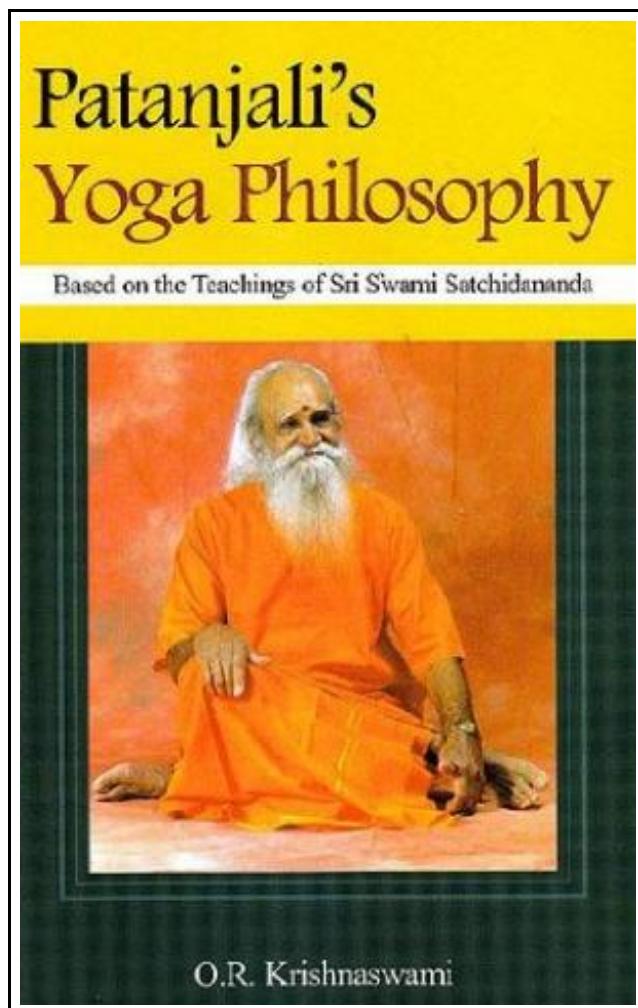


## Patanjali's Yoga Philosophy: Based on the Teachings of Sri Swami Satchidananda



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*Merely no terms to spell out. We have read through and i also am confident that i will gonna read yet again again in the future. You will not sense monotony at anytime of your own time (that's what catalogs are for about should you question me).*  
*(Pasquale Larkin I)*

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Dev Publishers & Distributors, New Delhi, 2011. Soft cover. Book Condition: New. 1st Edition. This text on Yoga Philosophy of Patanjali is based on his Yoga Sutras. In the Yoga Sutras Patanjali brought together various principles and practices of Yoga prevalent at his time into a coherent system. The sutras are short forms with a few essential words each. The sutras therefore need extensive explanations in order to understand their implications. This text presents the teachings of Patanjali in some logical order in three Sections. In the first section a brief Introduction to Yoga and its kinds and the Yoga Tradition in India are presented. The Yoga Tradition covers the origin of Yoga, Yoga in the Vedas, Yoga in the Upanishads, Yoga in Epics, Yoga in the Bhagavad Gita, Patanjali's contribution to Yoga, Yoga in the Srimad Bhagavatam, Puranas, Dharma Sastras, Agamas, Tirumantiram and Samhitas. Next an Overview of Indian Philosophy and the Samkhya Philosophy and Patanjali's Yoga Philosophy are briefly presented. The second section is devoted for the discussion of Patanjali's Yoga Psychology. It comprises an analysis of the mind, mental modifications of the mind and their control, three Gunas, Prakrti and Purusha, God, afflictions, Causes and Remedy and the Doctrine of Karma. In the third section Patanjali's Yoga system is explained. First the preparatory practice of Kriya Yoga is outlined. Then an overview of the Raja Yoga is presented. After discussing the obstacles to Yoga, each of the eight limbs of Yoga is explained. Finally the Doctrine of Liberation is presented. 14 x 21 cms. Page Extent: 242.



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