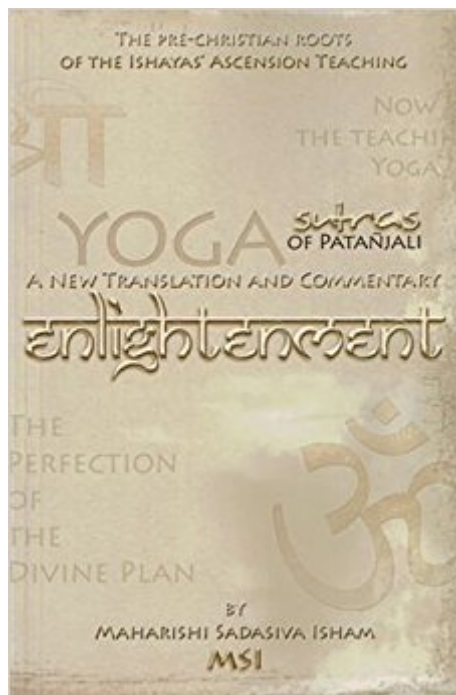




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Enlightenment: The Yoga Sutras Of Patanjali: A New Translation And Commentary



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.

Book Information

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Customer Reviews

Maharishi Sadasiva Isham (MSI) was born April 13, 1949 in Seattle, Washington. After setting out in search of Truth, it was in the Himalayas that he found the ancient order of monks known as the Ishayas. From them he learned the techniques collectively known as the Art of Ascension as taught by the Ishayas. MSI eloquently writes about the science, the practice, and the teaching of Ascension. His collections of books are a beautiful description of what anyone can accomplish when willing to make the commitment to realizing the Truth. He desired that no attention be placed on the author, but rather the focus be on the teaching. All True teachings ultimately point back at your own heart, to you, the reader and seeker of Truth. MSI ascended the physical world on August 12, 1997.

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.

awesome!!!!!! life changing

Best interpretation I have ever read.

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.

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.

Most clearest and best interpretation of the sutras that I have ever read. If you're on the path this is a must read type of book as it will help make some confusing things much clearer along the way. That said its of course not a replacement for experiential practice. But this is the one book I refer back to on a continual basis and get something new out of no matter where I am at in my growth of consciousness.

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