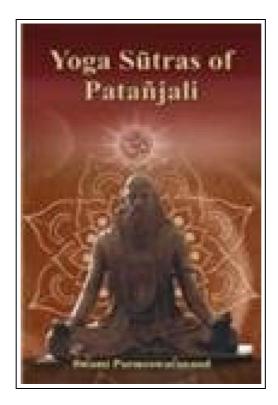
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YOGA SUTRAS OF PATA?JALI



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Global Vision Publishing House, New Delhi. N.A. Condition: New. 280pp. This book is compiled into four chapters (P?das) and each chapter classified into three sections: the actual translation, the approach to the s?tras and the translation and with commentary. The first chapter Samadhi P?da (51 sutras) refers to a blissful state where the yogi is absorbed into the One. This chapter describes first the meaning of yoga and then the nature and the means to attaining¿sam?dhi. The second chapter Sadhana P?da (55 sutras) describes two forms of Yoga:¿Kriya Yoga¿(Action Yoga) deals the yoga of selfless action and service and¿Ashtanga Yoga (Eightfold or Eightlimbed Yoga) Yoga¿describes the eight limbs that together constitute R?ja Yoga. The third chapter Vibhuti Pada (56 sutras) explains technique to attain supra-normal powers (siddhi) by the practice of Yoga. The fourth chapter Kaivalya (Isolation) P?da (34 sutras) describes the process of emancipation, liberation and used interchangeably with¿moksha¿(liberation), which is the goal of Yoga. This text is only for serious students of Yoga who would like to embark on a personal journey of transformation and liberation 0.



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