

## Yoga Sutras Swami J

An encyclopedia of yoga practice and practical yoga as well as of the philosophy and background of yoga.

The Yoga Sutras of Patanjali are universally acknowledged as the fundamental text on yoga and meditation in the Indian classical tradition. This English translation of Yoga Philosophy of Patanjali is widely regarded as the most authoritative and authentic that has been available in recent times. It is a serious and clear presentation of Patanjali's sutras and Vyasa's Bhasya, providing these basic text and accurate English. These classical works are augmented by the commentary of Swami Hariharananda Aranya, a scholar and yogi of great repute, who, in his lifetime, was the foremost exponent in India of the Samkhya Yoga system of which the Yoga Aphorisms of Patanjali are the principal work.

Today's view of history cannot account for ancient anomalies,such as the Pyramids and advanced knowledge contained in India's Vedas-but in 1894 an Indian sage gave us an explanation not only for our hidden past, but for the trends of today and for our future enlightenment-the 24,000 year yuga cycle.

Yoga Philosophy of PatanjaliContaining his yoga aphorisms with Vyasa's commentary in Sanskrit and a translation with annotations including many suggestions for the practice of yogaState University of New York Press

The Art and Science of Raja Yoga

Conscious Living

Four Chapters on Freedom

The Yoga-Sutra of Patanjali

Yoga Sutra

The Yoga of Supreme Identity

"Yoga Sutra" is the basic scripture of yoga, in the sense of a Hindu philosophical view, and is essential for anyone who wants to gain deeper insight of the spiritual aspects of yoga. In translation and commentary by the founder and teacher of darshana-yoga, this text reveals the true nature of yoga as the quest for the highest reality. (World Religions)

Swami Rama's commentary on one of the most celebrated Upanishads. Serves as an introduction to yoga philosophy.

A major work on the practice of yoga and meditation. Learn how you can control your mind and achieve inner freedom and peace through methods taught for over 2,000 years. Our most popular title.

A fresh translation of Yoga Sutras of Patanjali, with word-for-word meanings and precise commentary. New insight into the advanced practices of meditation, kriya yoga and raja yoga. - A gift from a great yogin-

Talks by Dr. Jayadeva and Smt. Hansaji

Siva Sutras

Kundalini Tantra

A Fresh Look at Patanjali's Yoga Sutras with a New Translation, Notes and Comments

Yoga Sutras of Patanjali

The Authentic Yoga

*This is a book of inspirational stories of Swama Rama's experiences and lessons learned with the great teachers who guided his life including Mahatma Gandhi, Tagore and more.*

*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 teachings and revelations. Now, in Demystifying Patanjali, Swami Kriyananda, a direct disciple of Yogananda, shares his guru s crystal clear and easy-to-grasp explanations of Patanjali s aphorisms. As Kriyananda writes in his introduction, My Guru personally shared with me some of his most important insights into these sutras. During the three and a half years I lived with him, he also went with me at great length into the basic teachings of yoga. I was able, moreover, to ask my Guru personally about many of the subjects covered by Patanjali. His explanations have lingered with me, and have been a priceless help in the [writing of this book]. "*

*A contemporary interpretation of the foundational text for the practice of yoga. Patañjali’s Yoga Sutra (second century CE) is the basic text of one of the nine canonical schools of Indian philosophy. In it the legendary author lays down the blueprint for success in yoga; now practised the world over. Patañjali draws upon many ideas of his time; and the result is a unique work of Indian moral philosophy that has been the foundational text for the practice of yoga since. The Yoga Sutra sets out a sophisticated theory of moral psychology and perhaps the oldest theory of psychoanalysis. For Patañjali; present mental maladies are a function of subconscious tendencies formed in reaction to past experiences. He argues that people are not powerless against such forces and that they can radically alter their lives through yoga—a process of moral transformation and perfection; which brings the body and mind of a person in line with their true nature. Accompanying this illuminating translation is an extended introduction that explains the challenges of accurately translating Indian philosophical texts; locates the historical antecedents of Patañjali’s text and situates Patanjali’s philosophy within the history of scholastic Indian philosophy.*

*Siva Sutras are considered to be a revealed book of the Yoga: supreme identity of the individual self with the Divine. Dr. Jaideva Singh has studied the book with the help of his guru Swami Laksmana Joo, the sole surviving exponent of this system in Kashmir and has provided an English Translation of the Sutras together with the commentary of Ksemaraja. Each Sutra is given in Devanagari as well as in Roman Script. Then the meaning of every word of the Sutra is given in English, followed by a translation of the whole Sutra. This is followed by the Vimarsini Commentary in Sanskrit and its English translation, copious notes on important and technical words and a running exposition of the main ideas of the Sutra. A long introduction, together with an abstract of each Sutra, throws a flood of light on the entire system of Saiva Yoga. A Glossary of technical terms and index are appended for the convenience of the reader. Contents Dedicated, Blessing, Preface, Introduction, Siva Sutras-Text and commentary, Section I-III Sambhavopaya, Conclusion, Glossary of Technical Terms, Subject Index, Index to important Sanskrit Words, Alphabetical Index to the sutras.*

The Sacred Tradition of Yoga

The Risks and the Rewards

Demystifying Patanjali

The Yugas

Vedic Yoga

*Fourteen Steps to Higher Awareness : Based on the Teachings of Paramhansa Yogananda*

*Since 1960, more than 1 million people have used this classic guide to tap the incredible power of yoga. The attractive new edition, in a new size, will appeal to a wide audience of contemporary yoga students.*

*Patanjali’s Yoga Sutras is a celebrated ancient text hailed the world over as a significant milestone in the history of Yoga. This enormously influential work, comprising of a set of 195 pithy aphorisms, is as relevant in today’s world as it was when it was written a few centuries ago. Only a living Master, who has himself experienced the Truth and effortlessly lives his life according to the wisdom of Yoga, can unravel the penetrating insights offered by Patanjali’s Yoga Sutras in simple, easy-to-understand terms. This book, "Yoga Sutras of Patanjali: Talks by Dr. Jayadeva and Smt. Hansaji", does just that. Indeed it makes the eternal wisdom of the Yoga Sutras come alive for ardent sadhakas.*

*Swami Vivekananda revealed to the world the true foundations of India's unity as a nation. He taught how a nation with such a vast diversity can be bound together by a feeling of humanity and brother-hood. Vivekananda emphasized the points of drawbacks of western culture and the contribution of India to overcome those. Netaji Subhash Chandra Bose once said: “Swamiji harmonized the East and the West, religion and science, past and present. And that is why he is great. Our countrymen have gained unprecedented self-respect, self-reliance and self-assertion from his teachings.” Vivekananda was successful in constructing a virtual bridge between the culture of East and the West. He interpreted the Hindu scriptures, philosophy and the way of life to the Western people. He made them realize that in spite of poverty and backwardness, India had a great contribution to make to world culture. He played a key role in ending India's cultural isolation from the rest of the world.*

*Examines the health claims of modern yoga, drawing on scientific and cultural research to offer advice on how to recognize authentic yoga practice and gain actual benefits.*

The Yoga Aphorisms of Patanjali

The Book of the Spiritual Man : an Interpretation

The Science of Yoga

The Yoga Sutras (aphorisms) the Wisdom of Paramhansa Yogananda

A New Translation and Commentary

The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom

Providing an explanation of the practical and philosophical foundations of Raja Yoga, The Yoga Sūtras of Patañjali is arguably the most important text on Yogic philosophy. The Yoga Sūtras of Patañjali is widely regarded as the most authoritative text on yoga. It comprises a collection of 196 Indian sutras (“threads” – as sutra translates from Sanskrit) written 1,700 years ago. These threads or aphorisms were compiled by the Indian sage Patañjali and offer guidelines for living a meaningful and purposeful life. The book is organized into four parts and provides descriptions of the eight limbs of yoga, such as pranayama and asana. The translated text is presented alongside a clear and insightful commentary by Swami Vivekananda, which makes them more accessible to the modern reader and yoga practitioner. His message of universal brotherhood and self-awakening remains relevant today, especially in the current backdrop of widespread political turmoil around the world.

With its promise of personal improvement, physical well-being and spiritual enrichment, yoga is enjoying a resurgence in popularity at the turn of the third millennium. To unravel the mystery of the discipline, its philosophies and relevance in contemporary life, the original text of the Yoga Sutras of Patanjali must be explored. This book offers the first accessible translation and commentary on Patanjali's Yoga Sutras. An introductory section examines the multidimensional aspects of yoga as philosophy, psychology, science, and religion, as well as exploring popular versions of yoga in the West. The core of the book offers a new translation of the entire text of the Yoga Sutras, in a language that is clear and comprehensible to students. Commentaries are presented to highlight the meaning of various statements (sutras) and key themes are outlined via sectional summaries. A full glossary of key words and names is also provided. Concluding chapters look at yoga in contemporary life, revealing the popularity of yoga in the 21st century through Star Wars, and exploring yoga's connection to health and science, contrasting yoga's holistic view of healing with that of the limited view of present day medical science. Sample physical, breathing and meditation exercises are provided. An Introduction to Yoga Philosophy offers a comprehensive introduction to the Yoga Sutras text of Patanjali to all students and interested readers of Indian philosophy and religion, world religions, east-west psychology, and mysticism.

A guide to personal discipline and social ethics from a classical Sanskrit scholar, designed for the modern yoga practitioner. In today’s complex world, how is it possible to truly live as a yogi? Traditional yoga theory offers fresh, insightful solutions to today’s practical lifestyle concerns, ranging from environmentalism to personal health and wellness. Tuning into classic yoga philosophy and teachings can bring to light our greatest strengths while showing us how to maintain a healthy body and clear mind while attaining inner happiness. Drawing from his personal experiences of yoga and insight into ancient Sanskrit texts, Dr. Shankaranarayana Jois connects yogic philosophy to how we approach food, work, education, relationships, and other conscious lifestyle choices to support our deepest longings for happiness, peace, and balance. Practical and insightful, The Sacred Tradition of Yoga begins with a clear and deep inquiry into the human condition, reminding us of true purpose of Yoga. The second half of the book focuses on the yamas and niyamas, the personal disciplines and social ethics of yoga. Throughout, Dr. Jois’ teachings honor ancient traditions and underscore the benefits we can gain from adopting a yogic way of life in the modern world.

Puts Together Lectures Delivered By The Author – Their Translations In English – An Aid To Learning Yoga And Its Philosophy. Samadhi Pada – Sadhana Pada – Vibhuti Pada – Kaivalya Pada. Cover Slightly Damaged, Otherwise Condition Ok.

A Comprehensive Sourcebook for the Study and Practice of Patanjali S Yoga Sutras

Philosophy, Ethics, and Practices for a Modern Spiritual Life

Commentary on Yoga Sutras of Patanjali

Reducing Karma and the Sources of Negative Actions, Speech and Thoughts

Exercises for Joints and Glands

An Introduction to Yoga Philosophy

*Here is a set of simple, pleasant stretching exercises that can be enjoyed by everyone. They increase circulation to all parts of the body and help improve overall flexibility. Restore a natural vitality to the body and mind by releasing accumulated tensions in the joints and glands. People with arthritis and rheumatism have found this book to be very beneficial. These exercises also gently prepare and train your body for the practices of hatha yoga.*

*The Path of the Rishi is one of the first and most detailed books published in the West on the ancient Vedic origins of Yoga, including all aspects of its philosophy and practice. The book reveals secrets of the Vedic Yoga from the teachings of Sri Aurobindo, Ganapati Muni, Brahmarshi Daivarat, and Swami Veda Bharati as well as Vamadevas own insights. It challenges popular ideas of the meaning of Yoga and brings Yoga back to the vision of the ancient Himalayan Rights.*

*Note that due to the limitations of some ereading devices not all diacritical marks can be shown. BKS Iyengar’s translation and commentary on these ancient yoga sutras has been described as the “bible” of yoga. This edition contains an introduction by BKS Iyengar, as well as a foreword by Godfrey Devereux, author of Dynamic Yoga.*

*Providing a complete manual for the study and practice of Raja Yoga—the path of concentration and meditation—a new deluxe printing of a collection of timeless teachings is a treasure to be read and referred to again and again by seekers treading the spiritual path. Reprint.*

Integrity of the Yoga Darsana, The

Keys to Understanding Our Hidden Past, Emerging Present and Future Enlightenment

Complete Book of Yoga

A Reconsideration of Classical Yoga

A Guidebook for Spiritual Transformation

The Complete Yoga Book

In the last few decades, yoga has helped millions of people to improve their concepts of themselves. Yoga realises that man is not only the mind, he is body as well. Yoga has been designed in a such a way that it can complete the process of evolution of the personality in every possible direction. Kundalini yoga is a part of the tantric tradition. Even though you may have already been introduced to yoga, it is necessary to know something about tantra also. Since the dawn of creation, the tantrics and yogis have realised that in this physical body there is a potential force. It is not psychological or transcendental: it is a dynamic potential force in the material body, and it is called Kundalini. This Kundalini is the greatest discovery of tantra and yoga. Scientists have begun to look into this, and a summary of the latest scientific experiments is included in this book.

Based on the lectures delivered by the author in Singapore during 1991 and 1992.

The landmark scripture on classical yoga, these aphorisms by the sage Patanjali constitute a complete course in the philosophy of yoga and the attainment of self-realization.

"Previously available as the correspondence course: Fourteen steps to higher awareness"--T.p. verso.

- Ishopanishad
- Yoga Philosophy of Patanjali
- Mahanirvana Tantra With The Commentary Of Hariharananda Bharati
- Light on Life
- The Ancient Science of Mantras
- Containing his yoga aphorisms with Vyasa's commentary in Sanskrit and a translation with annotations including many suggestions for the practice of yoga
- In the present day, Yoga is being propagated as a combination of physical and breathing exercises (Asana and Pranayam). But Ashtang Yoga is much more than that. It is a comprehensive yogic discipline which includes physical, mental and spiritual aspects. This book mainly deals with Ashtang Yoga founded by Maharishi Patanjali, the author of Yoga Darsan or Yoga Sutra.
- Maintains that the Yoga-Sutras do not advocate abandonment of the world, but rather support a stance that enables one to live more fully in the world without being enslaved by worldly identification.
- Inspirational short passages on a variety of topics. Including: The Body-Mind Connection, Selfless Service, Self-Healing, The Path of Marriage, and Karma.
- 'This book is a collection of the writings of Swami Vivekananda on the theory and practice of meditation. It is more of an introductory book with plenty of inspiration passages to motivate a reader to adopt meditation for a better and peaceful life.
- The Yoga of Breathing, Posture and Meditation
- Advanced Practices of Yoga
- Essence of Maharishi Patanjali's Ashtang Yoga
- The Complete Illustrated Book of Yoga
- Inside the Yoga Sutras
- Yoga Sutras of Patanjali

**Practical information on the advanced practices of yoga presented in straightforward language.**

**The word Karma literally means action. It may appear that Karma is happening to us, as if some outside force is causing good things or bad things to come to us. However, it is really our own inner conditionings and processes that are leading us to experience outer effects or consequences in relation to our own actions.**

**The law of Karma is a universal process, whereby causes lead to effects. This is something that all of us are already familiar with, whether or not we use the word Karma to describe it. Newton's third law of motion, that every action leads to a reaction, is an application of the law of Karma. Whether we are talking about physics or daily life in the world, it is extremely useful to understand the law and process of Karma so that we may regulate or direct the process. We can soften the impact of the playing out of our past Karmas, and can choose our own future Karma if we are willing to put in the effort to learn how to do it.**

**B.K.S. Iyengar--hailed as "the Michelangelo of yoga" (BBC) and considered by many to be one of the most important yoga masters--has spent much of his life introducing the modern world to the ancient practice of yoga. Yoga's popularity is soaring, but its widespread acceptance as an exercise for physical fitness and the recognition of its health benefits have not been matched by an understanding of the emotional, intellectual, and spiritual development that the yogic tradition can also offer. In Light on Life, B.K.S. Iyengar brings readers this new and more complete understanding of the yogic journey. Here Iyengar explores the yogic goal to integrate the different parts of the self (body, emotions, mind, and soul), the role that the yoga postures and breathing techniques play in our search for wholeness, the external and internal obstacles that keep us from progressing along the path, and how yoga can transform our lives and help us to live in harmony with the world around us. For the first time, Iyengar uses stories from his own life, humor, and examples from modern culture to illustrate the profound gifts that yoga offers. Written with the depth of this sage's great wisdom, Light on Life is the culmination of a master's spiritual genius, a treasured companion to his seminal Light on Yoga.**

**Aphoristic work on the meditational fundamentals of the Yoga school of Indic philosophy.**

**Meditation-And-Its-Methods**

**Path of Fire and Light**

**Light on the Yoga Sutras of Patanjali**

**PATANJALI'S YOGA SUTRA**

**Book of Wisdom**

**How to Know God**

In Yoga and Veganism, Sharon Gannon—co-creator of the renowned Jivamukti Yoga method—weaves together a compelling exploration of the intersection between the spiritual practice of yoga, physical health, care for the planet, and a peaceful coexistence with other animals and nature. Through clear and accessible language, Gannon unpacks the wisdom of the Yoga Sutras of Patanjali, one of the oldest and most revered texts focused on the philosophy of yoga, and draws a fascinating course to greater enlightenment for the contemporary practitioner. With yama, or restraint, the Yoga Sutras outline the first step on the path to spiritual liberation through five ethical principles that help guide our relationships with the world around us: Ahimsa teaches us how to avoid personal suffering through not harming others, while satya reveals how telling the truth allows us to be better listened to. Through asteya, or nonstealing, we learn the secret of wealth. Brahmacharya reveals how refraining from sexual misconduct leads to health and vitality, and finally, aparigraha opens our eyes to the ways in which greed holds us back from true happiness and is destroying the planet. Yoga and Veganism shines a light on these five guiding principles, demonstrating how the practice of yoga is tied to an ethical vegan lifestyle, which opens the path to both physical wellness and spiritual enlightenment. Featuring a selection of delicious recipes from the author along with personal essays from individuals whose lives have been transformed by veganism—including filmmaker Kip Andersen (Cowspiracy) and activist Ingrid Newkirk (president of PETA)—Yoga and Veganism provides a framework for yoga students and teachers looking to bring their asana practice into alignment with the philosophy at the heart of the discipline, as well as with the Earth around them and all of the beings within it.

An Annotated Translation of the Yoga Sutras

Yoga and Veganism

The Path of the Rishi

The Diet of Enlightenment

Living with the Himalayan Masters

The Yoga Sutras of Patanjali