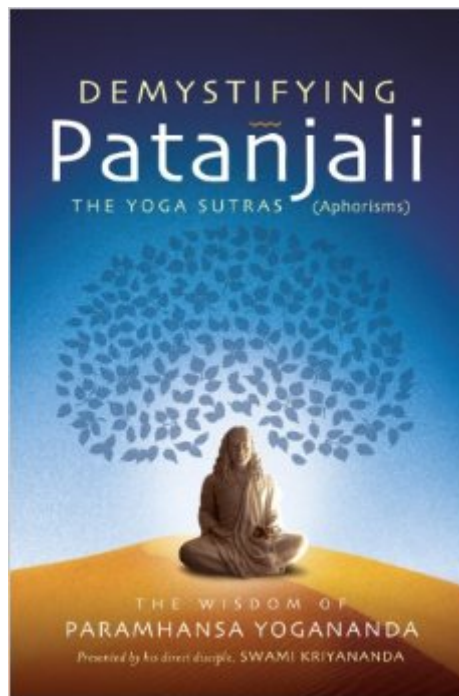


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# Demystifying Patanjali: The Yoga Sutras: The Wisdom Of Paramhansa Yogananda As Presented By His Direct Disciple, Swami Kriyananda



## Synopsis

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]. •

## Book Information

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## Customer Reviews

If you're a follower of Paramahansa Yogananda, and if you're looking for the most authentic information about Patanjali, then this is the book for you. I read this book in a day, or so, because the information was so fulfilling and easy to understand with information applicable to daily life. I recommend this read!!!

Paramhansa Yogananda's mission was an important one: to sow clarity and reason in an age when the world has lost touch with its moral foundations through excessive, blind belief in the powers of reason. Kriyananda does a wonderful job of encapsulating his Master's - very lengthy - interpretations of the teachings of Patanjali. Kriyananda's books are very important to the history of religion - they show how Christians and other believers can set their faith on firm grounds of direct, individual experience. They replace the rational fallacy - "Religion is not logical, therefore it is false." - with a method for testing the claims of the world's great spiritual paths scientifically - that is, by direct experiment. As he puts it, the "proof" of religion's claims are no less real for being subjective. And they pass the tests of scientific inquiry: those who have completed the experiment - the saints - are unanimously in agreement about the nature of God. Demystifying Patanjali fulfills the claim in its title: it is a practical, but no less inspiring, account of this most practical, universal, and nonsectarian of scriptures. I do not understand the 1-star reviewer's objections. He appears not to have read the book but to be biased against anything Kriyananda writes on political grounds - hence the inflammatory, emotional rhetoric of his "reviews." For a balanced account of the reasons for the animus of the anti-Kriyananda faction, a perusal of Jon Parsons' excellent book *A Fight for Religious Freedom* is recommended. Also, [...] and [...]

deep and cloudy Truth and instruction made clear. You can tell it was processed with love and care. Thank you!

One of the greatest gifts Paramhansa Yogananda gave to us for the decades after his passing was to empower his scribe and disciple, Swami Kriyananda, to carry on some of his teachings through writing. Kriyananda's gift has been to crack through languaging many centuries old to present these deep spiritual principles in a simple way that speaks to both soul and mind, rather than forcing us to

spend our mental energy trying to work out all the interpretations. "Demystifying Patanjali" is no different. It gets to the point on each sutra, and presents it so that we can apply immediately to our lives. As a long-time writer/author/editor, I've gone back and forth at times over Kriyananda's writing style, but never with his substance — or, most importantly, the divine connection he has with Yogananda. This is a great way to get to know Patanjali & Yogananda. And a fitting way for Kriyananda to spend some of his final year. Buy it.

Excellent. I am rereading and making notes in my computer of all the important things to remember. Easy to understand.

Over the years I have studied most of what Paramhansa Yogananda wrote about Patanjali, and I find that this book's explanation is not only very much in tune with Yogananda's interpretation, but it offers a fresh, creative and useful perspective on it. Patanjali outlines, in very condensed form, the essential steps that a spiritual seeker must naturally follow on the path of Raja Yoga. To have the experience of a yoga master like Yogananda, or a life-long disciple like Kriyananda, is immensely helpful. By considering and practicing their recommendations, I find that I too begin to get a feel for practical spirituality, and can feel it flowing naturally in my life on ever deeper levels.

I wrote the bit below for our bookstore's magazine, but I'll add a few more personal comments as well. This was the last scriptural commentary Swamiji wrote before his passing, and it's a nice feeling of completeness to get Patanjali covered in that collection finally. Very different feel to this book compared to, say, The Essence of the Bhagavad Gita. By this point, Swami seems to have been writing in a much more informal flow, almost like he's just talking to you about it all in his living room. And so that's sort of sweet, though the insights are still as spiritually deep and valid as in any of his other books. I don't relate to Patanjali as much as to the other masters and scriptures that are more directly related to our path (speaking as a Yogananda devotee), and so I don't have this on quite the same pedestal as some of Swami's other books. But if you want to know what Patanjali was all about, this is the thing to read. - - - magazine review - - - For the past 2,200 years, Patanjali's yoga sutras have provided humanity with a non-sectarian roadmap to the entire spiritual path. However, few are able to grasp the subtleties of these teachings, and the many translations and commentaries over the years have more often confused than clarified them. It was the great yoga master Paramhansa Yogananda who brought the ancient teachings into the modern age through direct revelation. Now, direct disciple Swami Kriyananda shares his guru's insights

with his trademark clarity, compassion, and humor, in a guide for seekers of all paths.

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