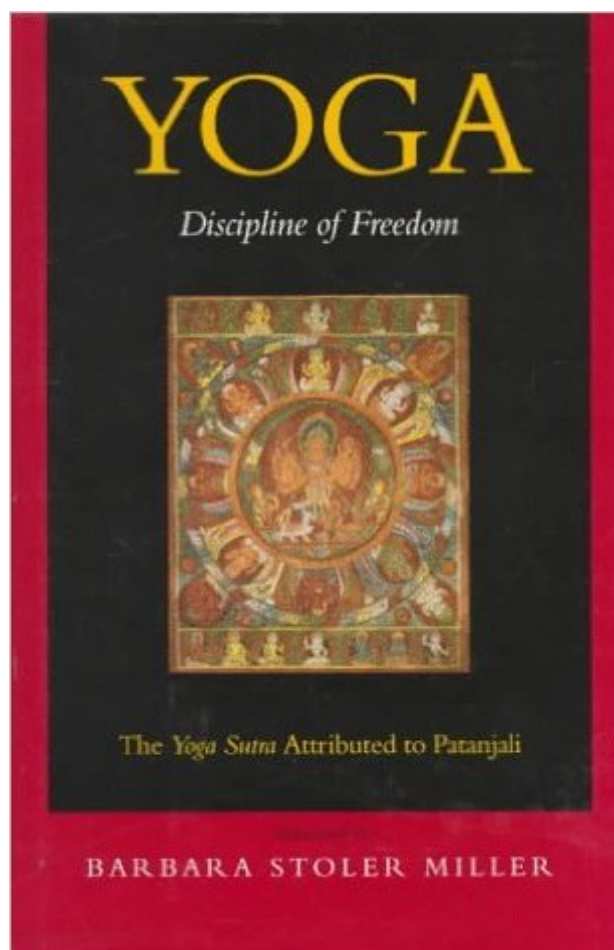


The book was found

Yoga: Discipline Of Freedom. The Yoga Sutra Attributed To Patanjali



Synopsis

The Yoga Sutra, dating from about the third century A.D., distills the essentials of a complex system of physical and spiritual discipline into 200 brief aphorisms. Yoga is at the heart of all meditative practice in Asia, yet until now there has been no first-rate English version of this primary text. Barbara Stoler Miller's translation admirably fills that gap; her clear, strong style and sensitive phrasing convey every nuance of Patanjali's words, and her commentary offers invaluable guidance to anyone seeking to understand Indian philosophy or the practice of yoga. The Yoga Sutra does not propose to offer new knowledge but rather a new perspective on the nature of knowing. As a method of achieving insight, the discipline of yoga is far from mystical ecstasy or ritual trance. Its goal is a contemplative intensity that can unbind the constraints of everyday experience, and that goal helps explain Americans' growing interest in yoga in recent years. This interest has been most widely expressed in the physical dimension of yoga; the postures known as hatha-yoga; but attention is increasingly being directed at the philosophy and psychology that define the discipline. Here the Yoga Sutra shines most brightly; in a world of bewildering complexity and seductive material culture, this centuries-old text offers powerful techniques for countering private mental chaos and moral confusion. The Yoga Sutra has great relevance today, and thanks to Barbara Stoler Miller it is now truly accessible.

Book Information

Hardcover: 160 pages

Publisher: University of California Press; Introduction, and G ed. edition (December 11, 1996)

Language: English

ISBN-10: 0520201906

ISBN-13: 978-0520201903

Product Dimensions: 5.8 x 0.7 x 8.7 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (24 customer reviews)

Best Sellers Rank: #593,509 in Books (See Top 100 in Books) #41 in [Books > Religion & Spirituality > Hinduism > Sutras](#) #109 in [Books > Textbooks > Humanities > Religious Studies > Buddhism](#) #208 in [Books > Politics & Social Sciences > Philosophy > Eastern > Indian](#)

Customer Reviews

The main strength of this book is in the late Professor Miller's Introduction which is lucid and insightful in identifying and placing Patanjali's Yoga Sutras for the general reader. The weakness is

in Miller's use of certain non-yogic and sometimes misleading terms in her translation, usage which stems from her position as an academic of yoga and not a practitioner. Sometimes she translates words that probably should not be translated since there are no real English equivalents--for example, "samadhi" itself. And sometimes she uses what I would consider not the most agreeable English equivalent. Her use of the word "spirit" in the third aphorism is an example: "When thought ceases, the spirit stands in its true identity as observer to the world." The Sanskrit word she is translating is "drashtri" which is usually "seer" although it can also mean "soul," according to B.K.S. Iyengar. When one reads the next aphorism, "Otherwise, the observer [seer] identifies with the turnings of thought" it becomes clear that the seer is not spirit; indeed "spirit" is a confusing word in this context since it has no clear cognate in the dualistic yoga philosophy. The closest equivalent would be "purusha" but that would be inappropriate since that refers to the entire non-material consciousness (as opposed to "prakriti," which is what is manifested). Perhaps I should simply say that "soul" in yogic philosophy is not the same thing as "spirit." Another example would be her translation of vairagya in I.15 as "dispassion" which is technically correct but misses the larger meaning of the non-attachment that comes from renunciation, which is the point of the aphorism. I could also quibble with her use of the word "contemplation" as the equivalent of the Sanskrit "samadhi."

[Download to continue reading...](#)

Yoga: Discipline of Freedom. The Yoga Sutra Attributed to Patanjali YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Positive Discipline for Preschoolers: 10 Tips on Making Your Child Responsible and Confident (Positive Discipline, Positive Discipline for Preschoolers, Positive Discipline In The Classroom) Raja-Yoga & Patanjali Yoga-Sutra by Swami Vivekananda Kama Sutra: Your Desire of Love Making with the best essential Kama Sutra love Making Techniques, Ancient, Modern Touch! (Kama Sutra Series Book 1) Kama Sutra: The Total History Of The Ancient Kama Sutra and Modern Uses Of The Love Book (Kama Sutra Love Book, Ultimate History) Kama Sutra :Kama Sutra For Beginners, Discover The Best Essential Kama Sutra Love Making Techniques ! The Yoga Sutras of Patanjali: By Patanjali & Illustrated (Five Bonus works & an Audiobook FREE are included) Child Discipline Made Easy: Effective Strategies Proven to Change Your Child's Behavior While Maintaining A Healthy Relationship (Child discipline, toddler discipline, parenting) Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Yoga for Beginners: Top 10 Essential Yoga Poses (Yoga Meditation, Yoga Workouts, Yoga Books, Yoga Sutras) Yoga Sutra of

Patanjali Mind and Self: Patanjali's Yoga Sutra and Modern Science Changing Minds: Mind, Consciousness and Identity in Patanjali's Yoga Sutra and Cognitive Neuroscience Inside The Yoga Sutras: A Comprehensive Sourcebook for the Study and Practice of Patanjali's Yoga Sutras Kama Sutra: The Ultimate Sex Guide To Kama Sutra, Love Making and Sex Positions - Secret Techniques For Your Sex Life! Sutra del Coraz n y Sutra del Diamante (Spanish Edition) 69 posturas sexuales del Kama Sutra / 69 Kama Sutra Sexual Positions (Tentacionex/ Temptations) (Spanish Edition) Kama Sutra: Kama Sutra Blackbook: Master the Art of Sex Through Ancient Teachings Kama Sutra For Beginners: Discover The Best Essential Kama Sutra Love Making Techniques !

[Dmca](#)