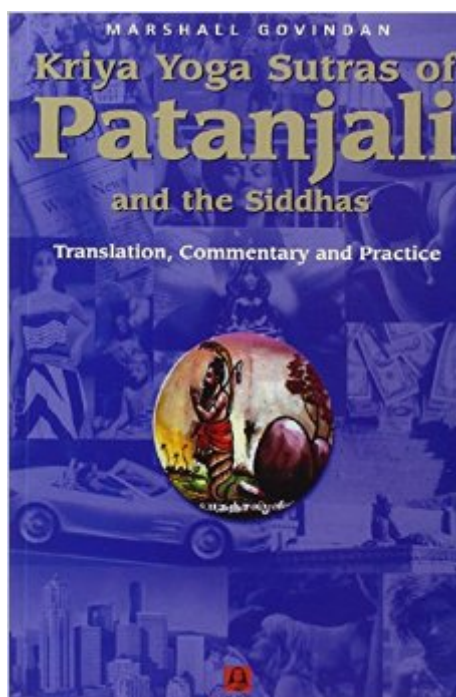


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# Kriya Yoga Sutras Of Patanjali And The Siddhas



## Synopsis

Patanjali's Yoga-Sutras are universally considered to be among the two or three most important texts in the field of yoga. Patanjali refers to his yoga as "Kriya Yoga": the "yoga of action with awareness". Until now, commentators have treated it as a philosophical reference, and have largely ignored its implications for yogic practice. They have also ignored the fact that it is also an esoteric work, and that only initiates, with sufficient prior experience, can grasp its deeper meaning. This new translation and commentary provides a practical guide to Self-realization or enlightenment. It clearly explains how to apply Patanjali's profound philosophical teachings in everyday life, in any situation with a unique "practice" section after each verse's commentary. There is also comparison with "Thirumandiram" a classic work of the siddha tradition. "Marshall Govindan's Kriya Yoga Sutras of Patanjali and the Siddhas is a valuable addition to the study of Yoga in general and the Yoga-Sutra in particular. I can wholeheartedly recommend it... In particular, the growing number of students of Kriya Yoga throughout the world will find his treatment indispensable, but others will benefit from it." From the Foreword by Dr. Georg Feuerstein, Ph D. author of "The Sutras of Patanjali" and the "Encyclopedia of Yoga".

## Book Information

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## Customer Reviews

This is a very practical and useful translation of Patanjali. It's thorough in it's analysis of the original text and is extremely helpful in instructing the reader on how to implement and practice the teachings. If you are a student of Patanjali, this is a "Must Read."

Marshall Govindan's careful translation and commentary takes this book far beyond being just a collection of inspirational and interesting Eastern philosophy. His deep understanding of the yogic techniques intimated by the original text allows him to present this in its proper form: a key to liberating techniques as documented by Patanjali in the Golden Age of Yoga. Careful indexing in English and Sanskrit allows the modern student of Yoga to quickly access passages dealing with specific yogic concepts in English and in Sanskrit. Passages are also indexed to the secret teachings of Babaji Nagaraj (the Great "Babaji of the Himalayas" discussed in Autobiography of a Yogi), making this book a must for students of Kriya Yoga.

"We use Kriya Yoga Sutras of Patanjali as our main source book in our popular Yoga teacher training program. This type of Yoga Sutras is accessible with a clear translation of Sanskrit words with a clear interpretation for the modern student of Yoga. The first book for your study of Yoga is the Yoga Sutras. This book will guide you on a journey that authenticates a Yoga practice amidst a Western cultural boom that largely equates Yoga with stretching exercise only. There is so much more to learn from Yoga and this version of The Yoga Sutras is one good place to guide your journey. Robert Butera, PhD Director, YogaLife Institute. [...] Dr. Robert Butera, PhD

Of the many translations and commentaries of this classical text of Yoga, this is the one I chose for my students to work with for its accuracy, for its readability and for its practicality. Each sutra includes an exercise to bring the teaching home to as lived experience, rather than just as an intellectual exercise. The continuous translation at the back makes it possible to feel the flow of the text without the intervening commentaries. The translation, of Sutra 1.2, the defining orientation of the whole text, states that it is the cessation of the identification with the fluctuations of consciousness that matters, not the cessation of the fluctuations. Just this perspective is worth the whole book. I highly recommend The Kriya Yoga Sutras of Patanjali to all levels of students and practitioners.

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