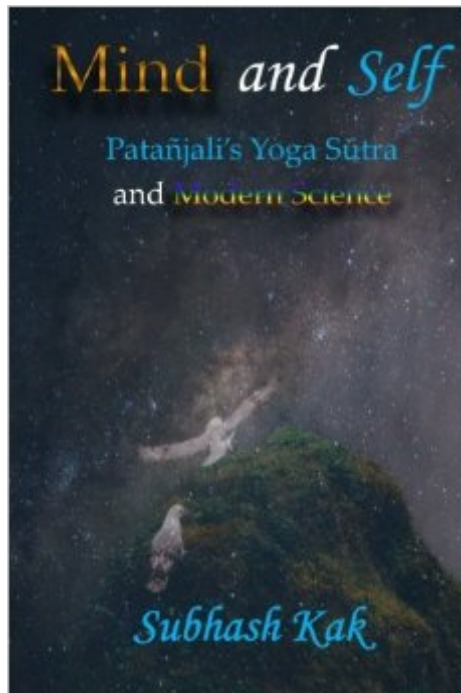


The book was found

Mind And Self: Patanjali's Yoga Sutra And Modern Science



Synopsis

Mind and Self is a new translation and commentary on Patanjali's Yoga Sutra framed by new findings from neuroscience and physics that throw light on the counterintuitive workings of the mind. It brings in evidence from other early Yoga classics such as the Bhagavad Gita, the Yoga Vasistha, and Tantra to place the text in context and explain some of its most esoteric ideas.

Book Information

Paperback: 134 pages

Publisher: Mount Meru Publishing (April 20, 2016)

Language: English

ISBN-10: 1988207053

ISBN-13: 978-1988207056

Product Dimensions: 6 x 0.3 x 9 inches

Shipping Weight: 9.1 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars See all reviews (2 customer reviews)

Best Sellers Rank: #534,417 in Books (See Top 100 in Books) #38 in Books > Religion & Spirituality > Hinduism > Sutras #263 in Books > Religion & Spirituality > Hinduism > Sacred Writings

Customer Reviews

Subhash Kak is a distinguished Vedic scholar and academic who has written extensively on Vedic topics and issues. His publications are always interesting, if not sometimes controversial, because he has the courage to think outside the box when interpreting the Vedas or other Vedic subjects.

Kak's interpretations and writings are almost always taken from the standpoint of modern scientific theory and observation, and so indicates the subtitle of this new translation and commentary of the Yoga Sutras. Thus, Prof. Kak's translation and commentary of the Yoga Sutras is a highly anticipated and is a welcome addition to the numerous commentaries on the Yoga Sutras. Kak's interpretation is somewhat of a disappointment. The subtitle of the book is that the sutras are interpreted from the standpoint of modern science. While there is certainly elements of science in his interpretation and commentary, there appears not enough to support the representation of the subtitle. Roughly one half of the book consists of a lengthy introduction of the six dharsanas, or schools of Vedic thought. Kak intersperses scientific topics in that introduction. It is, otherwise, a good introduction for the readers not familiar with Indian philosophy. But again not enough to be strictly from a scientific approach. If anything, the emphasis of the treatment is more

psychological rather than â œscientific.â • In the same manner, the interpretation of the sutras are more or less conventional, again, with intermittent references to science, but not enough to be â œscientific.â • In what should have been the most interesting portion of the sutras from a scientific point of view â ” the siddhis, or supranatural powers obtained through the austerities of concentration and meditation â ” is given remarkable short shrift.

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

YOGA: The Essential Guide To Yoga For Beginners (Yogananda, Yoga Anatomy, Yoga Poses, Yoga Sutra, Yoga For Men, Yoga Journal) Mind and Self: Patanjali's Yoga Sutra and Modern Science 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) Raja-Yoga & Patanjali Yoga-Sutra by Swami Vivekananda Yoga: Discipline of Freedom. The Yoga Sutra Attributed to Patanjali 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: Your Desire of Love Making with the best essential Kama Sutra love Making Techniques, Ancient, Modern Touch! (Kama Sutra Series Book 1) Changing Minds: Mind, Consciousness and Identity in Patanjali's Yoga Sutra and Cognitive Neuroscience The Yoga Sutras of Patanjali: By Patanjali & Illustrated (Five Bonus works & an Audiobook FREE are included) Kama Sutra :Kama Sutra For Beginners, Discover The Best Essential Kama Sutra Love Making Techniques ! Yoga Sutra of Patanjali Yoga for Kids: Safe Yoga Poses for Children ages 0-12: Starting Them Young: Children's Yoga Poses for Total Mind-Body Fitness (Yoga for Kds) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Inside The Yoga Sutras: A Comprehensive Sourcebook for the Study and Practice of Patanjali's Yoga Sutras Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Hypnosis: Self Hypnosis, NLP & Mind Control 6 Steps To End Depression, Anxiety & Stress FREE BONUS (Hypnosis, Mind Control, NLP, Self Hypnosis, Hypnosis ... Hypnotism, Self Hypnosis For Beginners) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as

you read, Self hypnosis diet)

[Dmca](#)