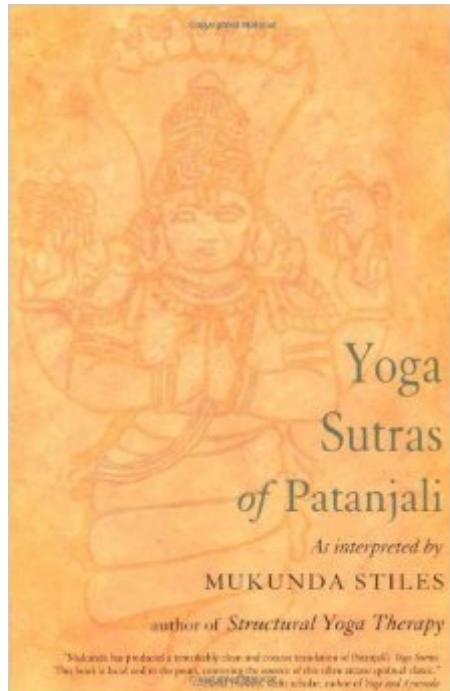


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# **Yoga Sutras Of Patanjali: With Great Respect And Love**



## **Synopsis**

Yoga Sutras of Patanjali is a concise English rendering of the classical text on yoga and meditation. Patanjali is to Yoga what Buddha is to Buddhism. His sutras--defined literally as "the path to transcendence"--are a means to self-realization. With over thirty years of spiritual yoga practice, Mukunda Stiles has written a translation and interpretation which is precise and insightful. He provides a clear understanding of Patanjali's works for students of yoga, Eastern philosophy, or psychology, who want to use the sutras for spiritual practice or further study. Also included is a complete Sanskrit/English keyword section. Text: English (translation)

## **Book Information**

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## **Customer Reviews**

What is different and nice about this book is that there is no commentary after every sutra. What little there is, is in the intro and appendices. The sutras are translated in easy to read English translation. There are some sanskrit words retained but overall the read is quick and easy. When you read the sutras freely, without having to skip over the commentaries effectively stopping the flow, you get a sense of the whole. Commentaries can be good too. This is an excellent 2nd book to have around along with one with commentary.

This beautiful translation gets to the heart of the yoga sutras, and makes for beautiful, inspiring reading. Especially useful for anyone who has been intimidated by traditional translations which are not very readable. This book is a wonderful gift to anyone interested in yoga and inspirational reading regardless of whether you have been practice yoga for years, or are newly discovering this

ancient tradition. Highly recommended!!

The author gives us Patanjali's sutras with very little exposition allowing the reader the chance to consider them without clouding them with his personal interpretation. The book also has a word for word translation from Sanskrit to English. I feel that my study of the sutras is a personal journey, and I am very happy that Mukunda Stiles has offered me a clear path between myself and Patanjali's words. If there were to be any improvement in this book, I would like to have seen a pronunciation guide along with the word for word translation. There are many letters in the Sanskrit alphabet which do not translate easily into English.

Because I plan to eventually write my own book on the Yoga Sutras, I decided that I need to read more versions of this classic text. I had read four versions prior to this one – Prabhavananda and Isherwood's, Vivekananda's, Charles Johnston's, and Hariharananda Aranya's – so when I saw this version available for free at ScribdDOTcom, I downloaded it and quickly zipped through it (I'm a speed reader). The Introduction was excellent, and I learned a few things about the history of the Yoga Sutras. Also, the author made it clear that he had studied the Yoga Sutras for thirty years and was familiar with all the major extant translations/commentaries. But once I began the author's translation, it quickly became apparent to me that his poetic, Sankrit-term-free approach does not cut the mustard. For example, it starts out: "Yoga is experienced in that mind which has ceased to identify with its vacillating waves of perception" – which immediately caused me to recoil, because "perception" is a misleading term to use here. The reality is that without using and elaborating Sankrit terms such as vrittis, chitta, buddhi, and ahamkara, no effective presentation of the Yoga Sutras is possible. Without Sanskrit terms and elaborating commentary, it's pointless to write a Yoga Sutras text. In his one-star review of this text, Movement Therapist and Yoga Teacher "Brad" highly recommends Hariharananda Aranya's "Yoga Philosophy of Patanjali." I concur (and gave the text 5 stars in my review). But this is an esoteric text best suited for intermediate-to-advanced students of Patanjali. For beginners, the text I recommend (until or unless I find a better one) is "How to Know God" – by Isherwood and Prabhavananda.

One of the most concise and clear translations of the yoga sutras I have ever read. This is an amazing guide to this deep text. Mukunda gives a short interpretation of each sutra which can inspire you in hundreds of different ways. The meaning you take from it will deepen as you continue to read it over and over again. It is great as a companion to some of the sutra translations that give

long metaphors. It reads like poetry.

This is a concise reading of the yoga sutras that offers practitioners of all levels information, insight, and inspiration. Many thanks to Mukunda for his efforts.

Read the entirety of this book during yoga teacher training. It is an important backbone in learning for any yoga practitioner. It would have been much more meaningful to me if it had discussion of the sutras. As it was, we utilized other texts for elucidation and discussion by experts. This is a translation.

All respect for ones path and their own interpretation. Please people stop writing bastardized versions of the ancient texts. This book is just that. Most the meaning is lost and this is what is being taught. A very beautifully poetic version that has little value or meaning of the depth of the original text. If you want a real translation please check out Swami Hariharananda Aranya's translation. If you can understand the deep version keep reading it over and over and practice. It comes with practice not watering it down for the masses. The depth of info is only meant for those that can transcend and embody. Tapas, tapas, tapas. Hari Om

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