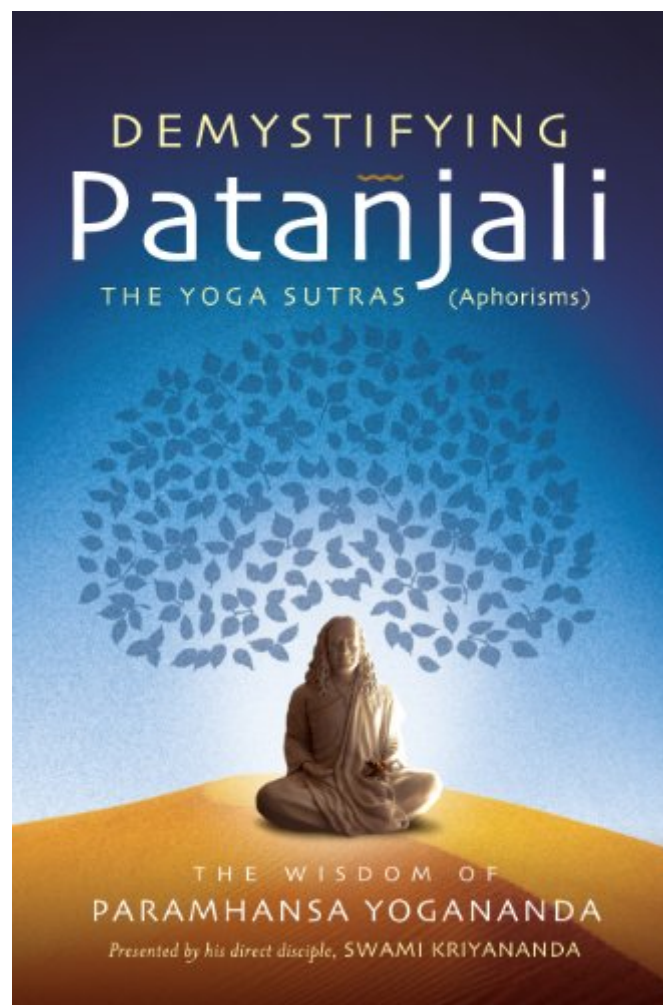




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# Demystifying Patanjali: The Yoga Sutras (Aphorisms): The Wisdom Of Paramhansa Yogananda Presented By His Direct Disciple, Swami Kriyananda





## Synopsis

A great spiritual master of ancient times, Patanjali, presented humanity through his Yoga Sutras with a step-by-step outline of how all spiritual aspirants achieve union with God. He called this universal experience "yoga" or "union." Since then, scholars have written commentaries that bury Patanjali's insights in confusing terms like "mental modifications." Thankfully, a modern yoga master •Paramhansa Yogananda has resurrected Patanjali's original teachings and revelations. In Demystifying Patanjali, Swami Kriyananda shares Yogananda's crystal clear and easy-to-grasp explanations.

## Book Information

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## Customer Reviews

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

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!!!

I find this book easy to understand. Terms are defined, and the author provides a lot of historical context for his presentation. Since it's the first book I've read on Patanjali's teachings, I don't know how it compares with others. I gave it four stars for its clarity, depth, and presentation.

Lots of good info in the book. Look past the authors personal feelings and just pull out the golden nuggets. Well worth the money.

While I enjoyed the book and the author's "take" on the aphorisms (through his teachings from Yogananda), I found some of the later pages rather filled with attachment. Perhaps it is my perception, but it is what it is.

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

Interesting insight into patanjali's writings. One thing that is missing in many texts is that Patanjali and the other ancient sages put a lot of stock in being at traditional vastu built temples such as Rameswaram, Chidambaram and other ancient temples built per vastu shastras and agamas. In fact each of these ancient sages attribute their awakening to spending a great deal of time in these places. It was not due to the icon but rather the energy the building produced on its own due to orientation and special mathematics of the buildings. They become energy generators.

It is an excellent and simple treatise

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