



How to Know God: The Yoga Aphorisms of Patanjali

By Swami Prabhavananda, Christopher Isherwood, Patanjali

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The Yoga Aphorisms of Patanjali is a major work on the practice of yoga and meditation. Through these ancient aphorisms you will learn how to control your mind and achieve inner peace and freedom. Although these methods were taught over 2,000 years ago, they are as alive and effective today as they have ever been. The 2008 edition has been reset and now has an extensive index for reference.

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Editorial Review

Review

A rendering at once lively and profoundly instructive of a world classic which ... remains as vividly topical, as realistically to the point, as when it first saw the light. --Aldous Huxley, author of Brave New World...The Soul does not love; It is Love Itself. It Does not Exist; It is Existence Itself. It does not Know; It is Knowledge Itself.--- Patanjali --Quoted by George Harrison in his final album. A beautiful translation, and our personal favorite by far. --Books for Inner Development

No matter what his religious belief, a person can only be the richer for having studied this translation of the famous Aphorisms of Patanjali. The language is simple so that anyone can read it and derive spiritual benefit from it if they are open-minded. I can recommend it both for the one who has become familiar with Hindu religion and philosophy and for the one who has not. For the first it is a new and fresh presentation of an old theme; for the second, it is dear, understandable and easy to grasp. It should do much to bring about a meeting of Eastern and Western thought.... There is much in this book to give food for thought and inspiration for spiritual practice. --The Awakener

It is in the fitness of things that one of the celebrated monks of the Ramakrishna Order in collaboration with the well-known writer Christopher Isherwood undertook the task of translating the Yoga-Sutras in English and also providing an illuminating commentary thereon, avoiding the technicalities of the system and putting it in a very lucid manner suited for the modern mind.... This makes the book eminently readable for the modern mind and thereby fulfills the great mission of interpreting the East to the West.... The book should be widely read by all spiritual seekers who want to know what yoga is, what its aims are, how it can be practiced, what powers can be attained by it and finally what liberation of the soul consists in. --Bulletin of the Ramakrishna Mission Institute of Culture

About the Author

The translators have written numerous books on Indian philosophy that speak directly to the western audience. Swami Prabhavananda founded the Vedanta Society of Southern California

Users Review

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This How to Know God: The Yoga Aphorisms of Patanjali is great publication for you because the content which is full of information for you who always deal with world and also have to make decision every minute. This specific book reveal it details accurately using great arrange word or we can claim no rambling sentences inside it. So if you are read the item hurriedly you can have whole info in it. Doesn't mean it only offers you straight forward sentences but difficult core information with wonderful delivering sentences. Having How to Know God: The Yoga Aphorisms of Patanjali in your hand like obtaining the world in your arm, data in it is not ridiculous 1. We can say that no guide that offer you world inside ten or fifteen second right but this publication already do that. So , this really is good reading book. Heya Mr. and Mrs. occupied do you still doubt this?

Dennis Ramirez:

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Beth Kelly:

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