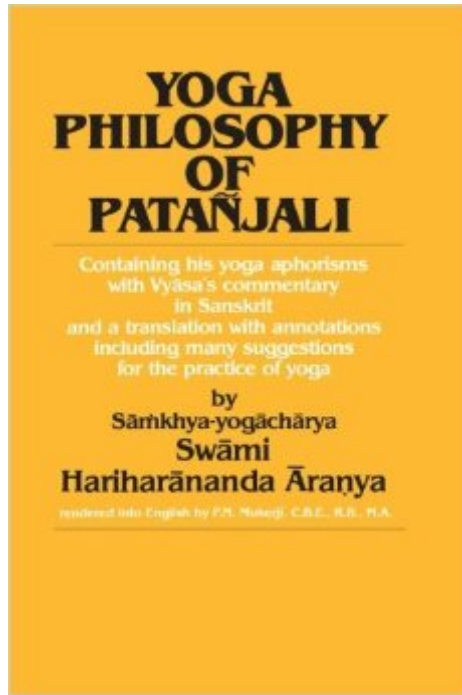


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# Yoga Philosophy Of Patanjali: Containing His Yoga Aphorisms With Vyasa's Commentary In Sanskrit And A Translation With Annotations Including Many Suggestions For The Practice Of Yoga



## Synopsis

"It is the most readable and reliable account of classical yoga that I know. There are, of course, numerous secondary works on yoga, many of which are useful and some of which have considerable scientific value. There are few good editions of the actual primary sources, however, and Hariharananda's is one of those." -- Gerald J. Larson, Professor of Philosophy, University of California, Santa Barbara

The Yoga Sutras of Patanjali are universally acknowledged as the fundamental text on yoga and meditation in the Indian classical tradition. This English translation of Yoga Philosophy of Patanjali is widely regarded as the most authoritative and authentic that has been available in recent times. It is a serious and clear presentation of Patanjali's sutras and Vyasa's Bhasya, providing these basic texts both in the original Sanskrit and in readable and accurate English. These classical works are augmented by the commentary of Swami Hariharananda Aranya, a scholar and yogi of great repute, who, in his lifetime, was the foremost exponent in India of the Samkhya Yoga system of which the Yoga Aphorisms of Patanjali are the principal work.

## Book Information

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## Customer Reviews

Though not for beginners, this version of Patanjali's yoga sutras is the best for serious students of yoga. Hariharananda Aranya dedicated his life to the practical understanding of the Sutras. His commentary is based on his own direct experiences. This is not a scholarly work, based on others' opinions. Instead, it is an in depth study of the most profound work of yoga through personal effort. The study of this book will benefit anyone committed to understanding the subtlest states of the

mind.

For both theoretical and practical study of Yoga Sutras and Samkhya philosophy this is the book to buy, read and keep reading. I don't know of any book on Patanjali's Yoga and Samkhya that comes even near the quality of Hariharananda's book! It has the original texts of Patanjali's Yoga Sutras and Vyasa's commentary in both Sanskrit and English and Swami Hariharananda's own Commentary translated into English from the original Bengali in which he wrote. Although the introduction says that some of the esoteric exercises are not included in the English translation it does go deep into both practice and theory. The book can be recommended to both beginners and other students alike as the translation of the Sutras to English is so clearly done that it makes some of the difficult text easier to understand.

This is perhaps one of the best if not the best translation of the sutras available in English. Hariharananda actually spent much time in meditation/samadhi and is more qualified to comment on this text than other more glorified versions like BKS Iyengar's or other modern commentators that just use a Sanskrit dictionary to draw up their own personal meanings which confuses the hell out of this text. This one even includes simple tips and practices making it invaluable for those with a teacher or some background. While I don't think it is that hard of a read like other reviewers, I would recommend Swami Vivekananda's freely available version if you want something more simple without losing the essence and teaching of Patanjali. Hariharananda has also written other texts as well on the likes of Samkhya. Check out the site below for more of what he has left behind for seekers. <http://www.samkhyayoga-darshana.com/>

Having read the works of Georg Feuerstein and Swami Satchidananda, this is my third foray into the Yoga Sutras of Patanjali, and I would have to rate this as the best of the lot. This is not to denigrate the fine works of Feuerstein and Satchidananda; I simply prefer the work by Swami Hariharananda and I highly recommend it. For someone new to the subject, Hariharananda is quite informative, with lots of background information.

(This is an edited 11/01/2015 version of my original review, and when I reread this book down the road, I'll edit it further.) I have read numerous versions of the Yoga Sutras of Patanjali, including -- "How to Know God" by Christopher Isherwood and Swami Prabhavananda (see my four-star review), "The Yoga Sutras of Patanjali" by Swami Satchidananda (see my three-star review), "The

Yoga-Sutra of Patanjali" by Cliff Hartranft (see my two-star review) and the "Yoga Sutras of Patanjali" by Edwin F. Bryant (see my four-star review) -- and in my opinion, Aranya's "Yoga Philosophy of Patanjali," and Bryant's scholarly text are easily the best of the ten or so versions of Patanjali that I've now studied. This text by Aranya is a deep and engaging read for serious, intellectually inclined students of meditation. It is very esoteric and goes into great detail on the nature and functions of the mind, and the yogic processes of arresting and transcending the mind, culminating in Self-realization. This text perfectly complements Bryant's, which is more academic (and regularly refers to Aranya's commentary). Hence, serious students of the Yoga Sutras should study both of these texts. I am a spiritual writer and teacher, and I recommend that my meditation students start their journey into Patanjali with "How to Know God," a basic book on the Sutras of Patanjali, then graduate to this text and Bryant's if they vibe with Patanjali.

If you are looking at the Yoga Sutras this is the book you want read. His use of English is excellent and takes you to the top without ever losing his train of thought. Well organized, indexed, and thought out. Clearer than I.K. Taimni, goes well with Bouanchaud and Jaideva Singh's books.

Aranya's book is not for the casual student - this is a serious text, providing a translation of Vyasa's commentary, upon which Aranya expounds. Incredibly comprehensive, this is a book for study over a life time. This is a necessary resource for anyone who makes a serious study of the Sutras.

Vyasa's commentary is very good. However, after reading it, I have many questions. We're using this book in a study group along with Edwin F. Bryant's edition "The Yoga Sutra's of Pantanjali" and Swami Pravhavananda's "How to Know God: The Yoga Aphorisms of Patanjali." The combination plus discussion is excellent.

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