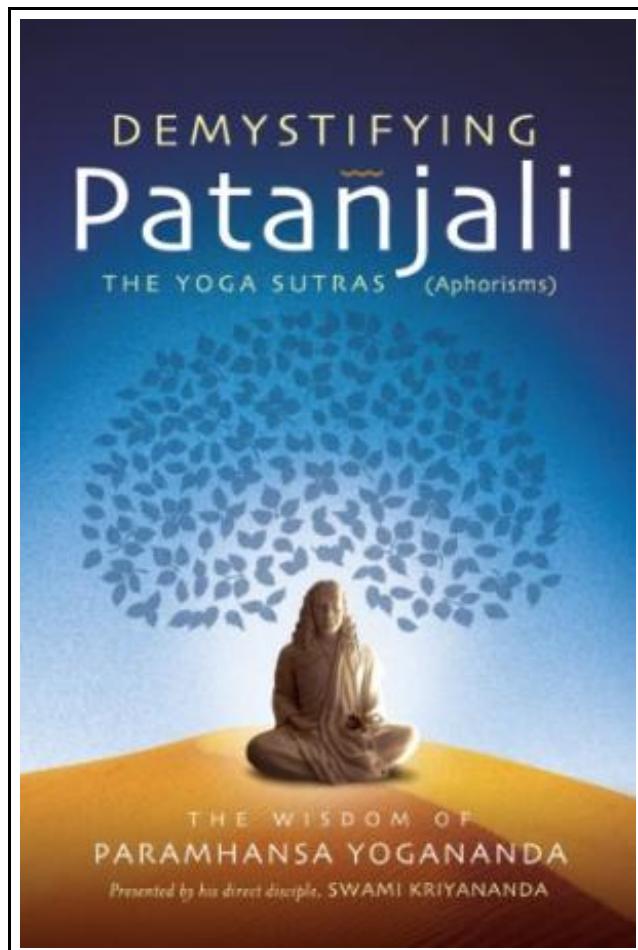


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Crystal Clarity Publishers. Paperback. Book Condition: New. Paperback. 196 pages. Dimensions: 8.9in. x 5.9in. x 0.6in.What happens as we grow spiritually Is there a step-by-step process that everyone goes throughall spiritual seekers, including those of any or no religious persuasions they gradually work their way upward, until they achieve the highest state of Self-realization About 2200 years ago, a great spiritual master of India named Patanjali described this process, and presented humanity with a clear-cut, step-by-step outline of how all truth seekers and saints achieve divine union. He called this universal inner experience and process yoga or union. His collection of profound aphorismsa true world scripturehas been dubbed Patanjalis Yoga Sutras. Unfortunately, since that time many scholarly translators with little or no spiritual realization have written commentaries on Patanjalis writings that have succeeded only in burying his pithy insights in convoluted phrases like becomes assimilated with transformations and the object alone shines without deliberation. How can any reader understand Patanjalis original meaning when he or she has to wade through such bewildering terminologyThankfully, a great modern yoga masterParamhansa Yogananda, author of the classic Autobiography of a Yogihas cut through the scholarly debris and resurrected Patanjalis original teachings and revelations. Now, in Demystifying Patanjali, Swami Kriyananda, a direct disciple of Yogananda, shares his gurus crystal clear and easy-to-grasp explanations of Patanjalis aphorisms. As Kriyananda writes in his introduction, My Guru personally shared with me some of his most important insights into these sutras. During the three and a half years I lived with him, he also went with me at great length into the basic teachings of yoga. I was able, moreover, to ask my Guru personally about many of the subjects covered by Patanjali. His explanations have lingered with me, and have been a priceless help in the writing of...



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