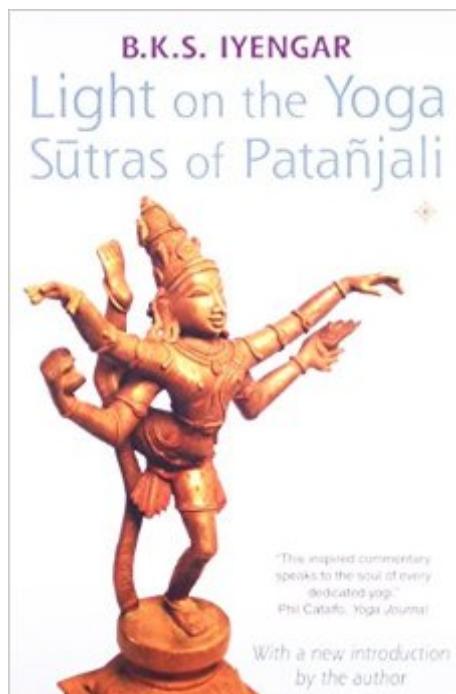


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# Light On The Yoga Sutras Of Patanjali



## **Synopsis**

BKS Iyengarâ™s translation and commentary on these ancient yoga sutras has been described as the âœbibleâ• of yoga. This new edition of the classic text contains a new introduction by BKS Iyengar, as well as a foreword by Godfrey Devereux, author of Dynamic Yoga. Patanjali wrote this collection of yoga wisdom over 2,000 years ago. They are amongst the worldâ™s most revered and ancient teachings and are the earliest, most holy yoga reference. The Sutras are short and to the point â“ each being only a line or two long. BKS Iyengar has translated each one, and provided his own insightful commentary and explanation for modern readers. The Sutras show the reader how we can transform ourselves through the practice of yoga, gradually developing the mind, body and emotions, so we can become spiritually evolved. The Sutras are also a wonderful introduction to the spiritual philosophy that is the foundation of yoga practise. The book is thoroughly cross-referenced, and indexed, resulting in an accessible and helpful book that is of immense value both to students of Indian philosophy and practitioners of yoga.

## **Book Information**

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## **Customer Reviews**

There was yoga before the time of Patanjali but it was not written down, or at least no text survives. We find elements of the practice in the Upanishads and of course in the Bhagavad Gita. But before Patanjali's codification there was no systematic text to guide the aspirant. Since then Patanjali's sutras have been translated into many languages along with commentary to elucidate the concise text, with Vyasa's commentary from the ninth century--upon which Iyengar makes some reliance--being the most important. With the publication of this book a decade ago, B.K.S. Iyengar

laid his claim to being one of the world's foremost experts not only on the practice of yoga--which he certainly is--but on its theory as well. Mark well that the bulk of what we call yoga stems from these pithy aphorisms first written down by the Indian sage Patanjali some eighteen hundred years ago.\* One can see in this authoritative, comprehensive--indeed, nearly exhaustive--translation and commentary that Iyengar aspires to take his place among the great yogis of history. For each of the 196 aphorisms (most texts have 195 omitting number 3.22 as superfluous, which Iyengar includes), Iyengar gives first the Sanskrit, then the Sanskrit in transliteration. Then he breaks down the expression into its individual words and gives an English translation of each word. Indeed he often gives several possible English equivalents for each Sanskrit word. Then he gives his English translation of the aphorism. In this way the reader can judge the fidelity of Iyengar's expression.

In today's world, the main problem with acquiring the knowledge of a new subject is the lack of contact with a learned teacher. Between traveling, busy daily schedules or just living in a place where there is no access to a learning facility, it is very difficult to pursue the topic of interest. Where the subject of yoga is concerned, B.K.S. Iyengar, a master of yogic knowledge and methods of practice, helps the hopeful student transverse this barrier by bringing to the masses his knowledge and direction in a series of wonderful books. He further enables the aspirant to better practice the vidhya (science) by developing easy to learn techniques and availing props to help in the process of practicing the techniques. This particular book, Light on the Yoga Sutras, is an in-depth exposition of the philosophy behind the science of Yoga. It provides the student with the original sutras (verses) as written by Patanjali, the Indian sage who compiled the knowledge of yoga into written form over 2,000 years ago. The book then offers a translation and explanation of these sutras, effectively filling in the gaps of knowledge left by the intensely compact form of the original sutras. From all my research into the subject when I first wanted to learn more about yoga, I can definitely say that this is one of the best books on the subject I have ever come across. B.K.S Iyengar provided me with the guidance and knowledge I needed to confidently pursue the subject without becoming discouraged. I would recommend B.K.S Iyengar's Light on Yoga in addition to this book, for where this book provides the theory; Light on Yoga provides the practical methodology. It is essential to fully understand both the practical and the theory to fully reap the benefits of yoga.

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