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of direct and reliable perception (pramāṇa) where the yogi's self-identity is absorbed into pure ...  
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Commentary  
Samyama is the finer tool (Yoga  
Sutras 3.4-3.6) 3.4 The three  
processes of dharana, dhyana,  
and samadhi, when taken  
together on the same object,  
place or point is called samyama.

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sources of inspiration and



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guidance on how to live a  
balanced and ethical life both on  
and off the mat. While the  
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sometime in the first four  
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aphorisms that yoga scholar  
David Gordon White calls “a

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Theory of Everything," most of  
modern yoga's attention is  
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of short and instructive  
sentences. Each is designed to  
explore and explain what yoga is,  
how it works, how it might be  
practiced and what the benefits  
are to the practitioner. It is  
attributed to Patanjali, about  
whom little is known. We do know

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that he was a philosopher who lived between 100 BC and 200 AD.

Patanjali's Yoga Sutras: A  
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Instruction in Union. Union,  
spiritual consciousness, is gained  
through control of the versatile  
psychic nature.

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Yama (yama), Niyama (niyama),

Āsana (āsana), Prāṇāyāma

(prāṇāyāma), Pratyāhāra

(pratyāhāra), Dhāraṇā (dhāraṇā),

Dhyāna (dhyāna) (and) Samādhi

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--samādhi-- (samādhayaḥ) (are)  
the eight (aṣṭau) limbs --āṅga--  
(of Yoga) (āṅgāni)--after this  
statement, Patañjali will describe  
each of them in detail--||29||

Pātañjalayogasūtra-s (Patanjali  
Yoga Sutras) - Sanskrit ...



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What we know about Patanjali, the sage who wrote the Yoga Sutras. Take enough yoga classes and you'll eventually hear one of your teachers quote from the Yoga Sutra, which is the guidebook of classical, or raja (royal), yoga. Written at least

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1,700 years ago, it's made up of  
195 aphorisms (sutras), or words  
of wisdom.

Patanjali + The Yoga Sutras | Who  
Is Patanjali? - Yoga Journal  
Dr. Bryant's translation of and  
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Sutras reveal the rich tapestry of schools and viewpoints that form the background for the yoga tradition. Dr. Bryant teaches us to delight in the diversity of ideas and commentaries that come along with the equally diverse practices of yoga.

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Amazon.co.uk: Bryant, Edwin F ...

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together through the ages and  
in hand, but it won't surprise  
anyone who has researched the  
history of yoga asana to find out  
that that's not really the case.

The Real Truth About the Yoga  
Sutras of Patanjali

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The Yoga Sutra, widely regarded as the authoritative text on yoga, is a collection of aphorisms, outlining the eight limbs of yoga. These "threads" (as sutra translates from Sanskrit) of wisdom offer guidelines for living a meaningful and purposeful life.

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Learn more about the sutras and  
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Learn About the Yoga Sutras -  
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explained by Swami

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Satchidnanda is a mandatory part of most yoga teacher trainings, and thankfully it was for mine.

This is not a book that you read from cover to cover like a novel, but it is something that you pick up, read, absorb, think about, put into practice, and then read some



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Patanjali was a sage in ancient  
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the Yoga Sutras. This collection of  
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1. Now (are presented)  
instructions on yoga. 2. Yoga is

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cessation (nirodha) of the mind  
modifications (cittavrittis).

The Yoga Sutras of Patanjali -  
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Patanjali brought back and  
connected the pieces so the  
authentic meaning of yoga could

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edition by channeling his talent of Sanskrit and creating the Yoga Sutras. While the sutras are often associated with classical Raja, or royal, yoga, the philosophy and teachings are a source of inspiration and elevate the spirit of all yogis.

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