

Synopsis

Patanjali Yoga Sutras: Translation and Commentary in the Light of Vedanta Scripture is truly groundbreaking, a unique perspective on these sutras that is both new and ancient. Aruna returns the gems of Patanjali from being limited within one of the six philosophical schools of medieval India to their universal fountainhead in the ancient scriptures of India. In the light of Vedanta scriptures they shine with a luster rarely seen since their inception over two thousand years ago. Connecting these sutras to hundreds of Veda and Vedanta mantras and the verses of the Bhagavad Gita, this modern translation and brilliant commentary succeeds in speaking directly to the listener's heart, not the sectarian head. Aruna lovingly treats these jewels as reflecting the freedom we all seek in life, not as historical artifacts of mystical curiosity. The sutras are in Sanskrit and transliteration, with English word-for-word and translation plus a rich, detailed commentary. Aruna's authoritative commentary brings in the connections of the sutras with the India sacred scriptures. This has never been attempted before in translation and reveals the universal application of these sutras to all Indians and to all students of all schools of yoga throughout the world. A must read for every student and teacher of yoga who yearns for rekindling the spiritual brilliance lying within the ethical and meditative practices of yoga.

Book Information

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Customer Reviews

If you are going to read only one translation of the Yoga Sutras, this is it. The author has a thorough knowledge of the Sanskrit language, and just as importantly, the larger context of the tradition in which the work was composed. This is extremely rare to find in books on yoga philosophy, let alone

translations of the sutras, many of whom in recent times have been written by authors with little or no knowledge of Sanskrit or their philosophical context. Sutras by their nature cannot be directly translated, but rather need to be "unfolded", with their core linguistic elements fleshed out in order to show their unifying logic and consistency with the entire Vedic tradition of which they are a part. Aruna has done this masterfully, making the sutras accessible at a very deep level, even for those with no Sanskrit knowledge or familiarity with the massive body of literature underpinning the deceptively brief sutras. Each sutra has been carefully translated for easy understanding. Aruna's commentaries draw directly on the great literature of the Upanishads and the Bhagavad Gita to show the conceptual links between them, exhaustively referenced. Best of all, the style is extremely readable and unburdened by academic prose or mystical mumbo-jumbo. All in all, an impressive and badly needed addition to the field. A must buy for every serious student of Yoga!

I am very happy that Sri Aruna, one of my senior students, is presenting the Patanjali Yoga S  tras with a commentary in keeping with the Vedanta tradition. Very good in Sanskrit, Aruna's word for word translation of the meaning of the s  tras does not leave anything to be desired. With his commentary, the overall vision of Patanjali comes alive. There are no authentic books in circulation on this important work on Yoga discipline. Aruna's book meets with the need in admirable measure. I congratulate him for his contribution to the pursuit of spiritual discipline. Sw. Dayananda, 18-8-2013 (This recommendation can be seen on the author's web site at UpasanaYoga.org) Patanjali Yoga Sutras: Translation and Commentary in the Light of Vedanta Scripture

Clear and objective unfoldment in the light of traditional Advaita vedanta, - non duality. This is priceless.

Read sutra by sutra together with Inside the Yoga Sutras by Rev. Carrera for a 3D understanding.

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