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The Yoga Sutras of Patanjali succinctly outlines the art and science of Yoga meditation for Self-Realization. It is a process of systematically encountering, examining, and

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Yoga Sutras of Patanjali: An Overview by Yogacharya Dr. Ananda Balayogi Bhavanani 3 unconscious mind (yogah chitavritti nirodah - 1.2) is given along with the understanding of the process of oneness with the Vrittis that occurs in the absence of the "control". Sutras 1.5 " 1.11 deal with the five Vrittis that are namely

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Yoga Link " June (Winter) 2011 1 Light on the Yoga Sutras of Patanjali II.52 tatah ksiyate prakasa avaranam tatah from that, then ksiyate destroyed, dissolved prakasa light avaranam covering Pranayama removes the veil covering the light of knowledge and heralds the dawn of wisdom.

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of Yoga and has stood the test of time and experience. It is for this reason that it has been made the basis of the present book. The task of an author who undertakes to write a commentary on a book like the Yoga-Sutras is not an easy one. He is dealing with a subject of the most profound nature.

Taimni - The Science of Yoga

Whether you practice in a yoga studio or in your bedroom, are accomplished or just starting out, these sutras will help guide you to a new, deeper, and fuller understanding of yoga. A full PDF of the Yoga Sutras can be found here .

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