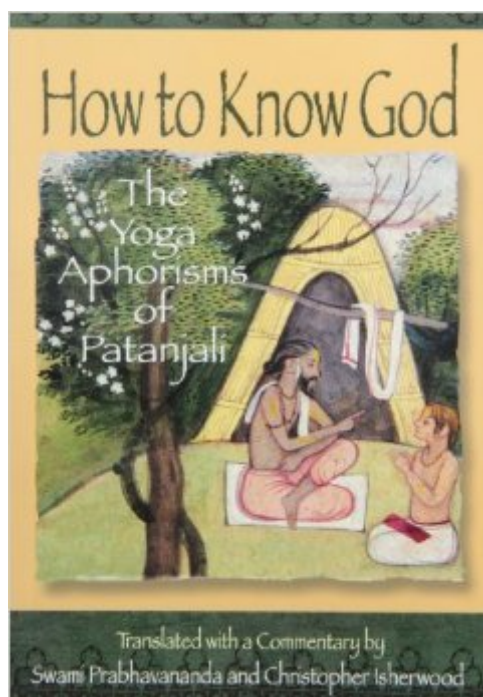


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# How To Know God: The Yoga Aphorisms Of Patanjali



## Synopsis

The Yoga Aphorisms of Patanjali is a major work on the practice of yoga and meditation. Through these ancient aphorisms you will learn how to control your mind and achieve inner peace and freedom. Although these methods were taught over 2,000 years ago, they are as alive and effective today as they have ever been. The 2008 edition has been reset and now has an extensive index for reference.

## Book Information

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## Customer Reviews

The Yoga Sutras (thread of aphorisms) of Patanjali are one of the six darshanas of the Hindu or Vedic schools. "How to Know God" is a beautiful translation of those. The book is relatively short (pocket sized with just over 200 pages) and very readable. It offers one of the clearest explanations of the practice of yoga and meditation that I have read. It is surprisingly practical. I value it almost as much as I do "The Art and Science of Raja Yoga: Fourteen Steps to Higher Awareness: Based on the Teachings of Paramhansa Yogananda" and Osho's "The Book of Secrets: 112 Keys to the Mystery Within" as a practical guide to specific meditation techniques. For those who have a Christian background, the book references familiar Christian concepts, making the book all the more readable for the typical Westerner. While one can read the entire book in one sitting (and maybe this is a useful strategy for its first reading), I prefer to digest it slowly, contemplating and savoring each aphorism. I highly recommend this book for anyone who wants to enter into a deeper level of spiritual consciousness.

Swami Prabhavananda has done an excellent job of translating the sutras into understandable sentences - something that surpasses 90% of all other translators, and for this reason alone the book should be in everyone's library. The commentary however reaches neither the depth of Satchidananda's "Sutras" nor the burning insights of McAfee's "Beyond the Siddhis". It is obscure and sometimes confusing. All in all, however, an excellent book to add to the true seeker's bag of tricks.

I never had much interest in Hinduism until I read this book. After, I was fascinated. I can even go as far as to say that this book changed me. I've always been interested in philosophy and the more philosophic religions like Buddhism, but I've never been keen on religion. After this book, I had a new appreciation for religion, including things I'd previously not liked about Christianity. By stepping outside of western thought and language, I could better understand western religion. The book also draws a lot of parallels between the New Testament and Vedantic thought, directly aiding that understanding. Isherwood and his companions were the "first wave" Eastern enthusiasts in America, active on the west coast in the forties. The depth of understanding and nuance in the Vedanta was lost somewhat in the new age pop-spirituality of the sixties and the resulting noise in the zeitgeist from that era still makes it hard to find good coverage of that topic. This book provides great coverage, free from populist noise. After reading this book, I felt like a committed yogi for a week or so. It is an absolute favorite of mine, joining The Diamond Sutra, The Dhammapada and the Tao Teh Ching. I would love a Shambala pocket edition- I have a "little" library of about 10 of those tiny books now (mostly Shambala). It's enlightening to read these and then taking a shot at Wittgenstein and other philosophers of language. Then the history of Western philosophy feels like a slow deconstruction of bad ideas that finally leaves you with Vedic truths conceived over 3000 years ago.

Swami Prabhavananda and Christopher Isherwood have collaborated to create this simple and yet poignant translation and commentary of Patanjali's Yoga Sutras. The Yoga Sutras which were written approximately 2000 years ago and form the basis for the Yogic tradition. Originally, the Sutras were passed down orally (Sutra in Sanskrit means "thread") with commentary from the teacher or master. Isherwood is a masterful writer and clearly captures the essence of this tradition in both the cadence and style of the work. Much of the commentary is borrowed from greatly esteemed Vivekananda whose deep wisdom and honest razor sharp insight are true gifts. There are many translations of the Yoga Sutras, some arguably more literal, scholarly, and technically accurate. However, this work is one of the most accessible, and beautifully captures the essence

and wisdom of the work.

"How to Know God" was my first look into the world of mysticism and yoga. I would have never dreamed how it would change my life. "Most books on religion have been a turn-off. I'm not into "being saved" and other emotion-filled events that won't happen to me. If religion can't be sensible and rational, I'm not interested. If that's how you feel, this may be the book for you. Highly recommended.

The title "How to Know God" may throw some people off, especially those brought up in religions that teach, perhaps inadvertently, to personify god or view "Him" as an object outside of oneself to whom one may pray and ask favors. The "God" referred to in this concise book is not any objectified god or deity. It is none other than you, the one who is now reading this book review. Or more accurately we can say it is the aspect of each of us that is behind all the "stuff" that occludes our pure underlying nature, soul, or Atman. Reaching that pure self with the full, radiant energy of awareness is the fundamental goal of all yogas. Hence, this book's title--a detailed guide on how to know god. A compact and accurate guide to the advanced 'limbs' of Ashtanga/Raja/Kundalini yoga. I highly recommend this book for the serious yoga practitioner.

How To Know God makes the ancient wisdom and inspiration of the yogi, Patanjali, come alive with insight and practical applications for the modern world. More than just an interpretation of Patanjali's teachings on the subject of yoga, the book is a "how to" guide for spiritual seekers who want to practice the techniques and experience the mental and spiritual benefits of a science that has served mankind for thousands of years

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