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Raja-Yoga & Patanjali Yoga-Sutra By Swami Vivekananda



Synopsis

All the orthodox systems of India philosophy have one goal in view, the liberation of the soul through perfection. The method is by Yoga. The word Yoga covers an immense ground, but both the Sankhya and the Vedanta Schools point to Yoga in some form or other. The subject of the present book is that form of Yoga known as Raja-Yoga. The aphorisms of Patanjali are the highest authority on Raja-Yoga.

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Customer Reviews

Greatest book on Yoga- swamiji has written this book more than hundred years before , But even now there is no book on this topic which can even be compared with this. Being a vedantin he has treated the subject matter almost in terms of not only " Yoga" but really in terms of " Yoga Vedanta " .The translation of each sanskrit sutra in english and swamiji's commentary on that is superb. A must book for serious yoga reader.

I enjoyed reading two of his other books "Karma Yoga" and "Bhakti Yoga" many years ago. They were filled with noble thoughts, very inspiring and their purpose clear and accessible to a

reader. We have to acknowledge the highly discerning intellect of this pioneer and exemplar of Truth, who brought the knowledge of Yoga to the West. However, in the book "Raj Yoga & Patanjali Yoga Sutra"™, I think that the essential Truth, the great message, for the reader, is contained in the first part. There he informs that the system of Raj Yoga cannot be learned from a book, but rather has to be taught by a teacher/master through personal instruction. After that, there does not seem, to me, much point in intellectual elaboration of Patanjali's aphorisms (which appears to be a component of the system of Raj Yoga about which he is writing), without his offering the possibility / avenue of personal instruction for any interested student.

Titanic works by one of the original and purest souls to leave India to bring the message of yoga and self-realization through self-effort to the world. Wisdom and a practical vision of soul exploration and discovery on every page. A must-have book for seekers.

If you are inquisitive about how and why to meditate, this book will help you find the answers. Highly recommended.

No wonder Vivekananda was a friend of Nikola Tesla, and highly respected by that great scientific mind. Also, The Yoga-sutras of Patanjali, a pivotal teaching, is very well explained, in simple language.

Very interesting indeed. I teach yoga, I live yoga... and this book is fascinating. Toward the end it gets a little beyond me esoterically, but in the beginning, when he discusses Patanjali's Yamas and Niyamas I'm right there with him. I have it on my kindle for bus-time reading.

In depth knowledge about the control of human mind and beyond. One can start and see the impact on their body and mind. For the various breathing exercises, it is good to learn from the guru.

In This book Swamiji talks straight to the point on Patanjali's sutra's without any deviations. I definitely recommend reading this book to others and I personally want to read other books of Swamiji on Yoga.

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