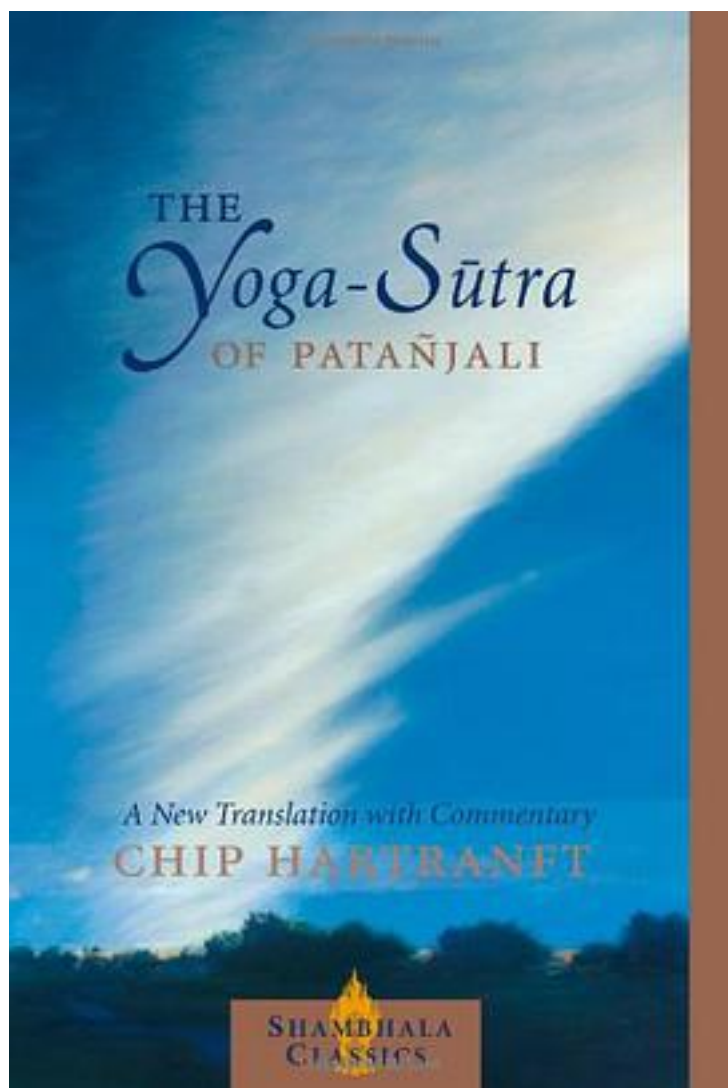


The Yoga-Sutra of Patanjali



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著者:Pataanjali

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In just 196 short aphorisms, this classic work of Indian philosophy spells out succinctly how the mind works, and how it is possible to use the mind to attain liberation. Compiled in the second or third century CE, the "Yoga-Sutra "is a road map of human consciousness--and a particularly helpful guide to the mind states one encounters in meditation, yoga, and other spiritual practices. It expresses the truths of the human condition with great eloquence: how we know what we know, why we suffer, and how we can discover the way out of suffering. Chip Hartranft's fresh translation and extensive, lucid commentary bring the text beautifully to life. He also provides useful auxiliary materials, including an afterword on the legacy of the "Yoga-Sutra "and its relevance for us today.

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