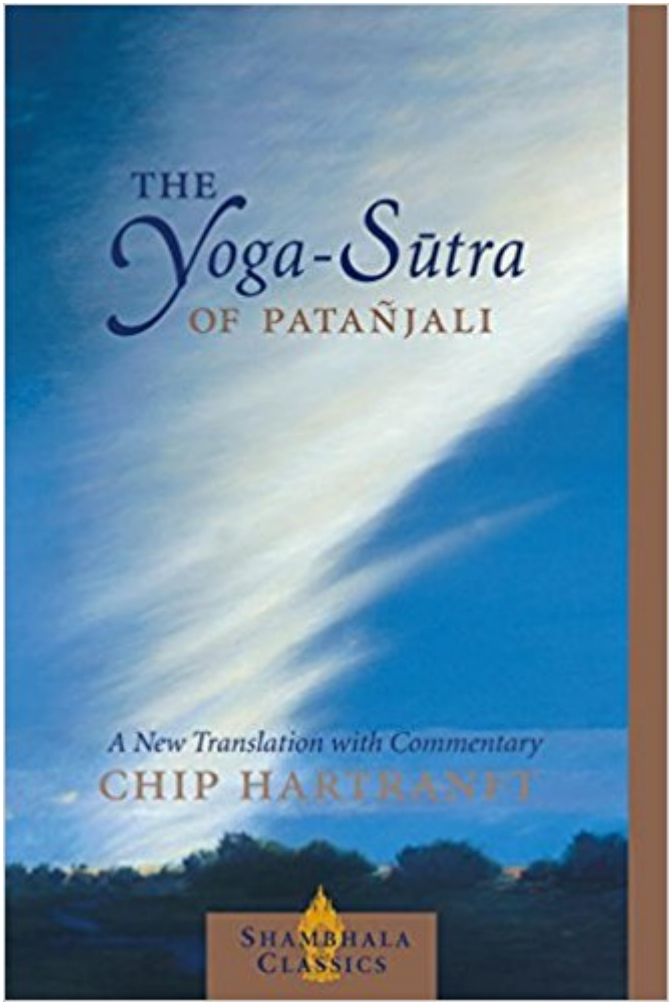
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# The Yoga-Sutra Of Patanjali: A New Translation With Commentary (Shambhala Classics)




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## Synopsis

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 consciousnessÃ¢â ¬â •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.

## Book Information

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## Customer Reviews

The Yoga-Sutra of Patanjali is a classic Sanskrit treatise consisting of 195 "threads" or aphorisms describing a process of liberation through yoga. Little is known about Patanjali, although most scholars estimate that he lived in India circa 200-300 B.C., possibly as early as 500 B.C. Patanjali organized the sutras into four parts: Samadhi (absorption), Sadhana (practice), Vibhuti (supernatural powers), and Kaivalya (liberation), and it adds up to a dense, difficult text describing the workings of consciousness and explaining how, through yoga, one can obtain liberation from the suffering caused by fluctuations in the mind. Attempting a new translation and commentary is an ambitious project for a layman like Hartranft, founder of a center dedicated to integrating yoga and Buddhist traditions, and his translation is notable for his attempts to interpret the sutras from a

modern American Buddhist perspective. Hartranft occasionally oversimplifies and takes some questionable liberties in his zeal to link Patanjali to the Buddha, but his translation certainly succeeds in making Patanjali's esoteric theories comprehensible to today's readers. Jane TumaCopyright Ã Â© American Library Association. All rights reserved

"Extraordinarily clear. . . . Hartranft makes PataÃƒÂ jali's complications seem somehow obvious."Ã¢â ¬â •Shambhala Sun "A Yoga Sutra for the twenty-first century . . . translated into plain (but not boring) accessible language. . . . If there's a more succinct explanation of the enduring value of PataÃƒÂ jali's work, I'd sure like to hear it."Ã¢â ¬â •Yoga Journal "Chip Hartranft has given us a fresh, authoritative, and brilliant new translation of and commentary on the Yoga-Sutra, and an entire generation of American yogis should be deeply grateful. His work successfully combines intellectual precision with emotional accessibilityÃ¢â ¬â •a powerful marriage seldom even attempted with this notoriously difficult text. Hartranft is careful always to leave PataÃƒÂ jali's own genius in the foreground, and as a result the astounding intellectual architecture of the Yoga-Sutra shines through. Bravo!"Ã¢â ¬â •Stephen Cope, author of Yoga and the Quest for the True Self "Much of contemporary yoga in the West has emphasized breathing and the body. These invaluable practices have been separated from the comprehensive ethical and meditative approach of the great teacher PataÃƒÂ jali. Recently there has been an increased interest in correcting this limitation. Chip Hartranft's brilliant new translation of and commentary on PataÃƒÂ jali's masterpiece moves interested yogis decisively in this direction. It is a clear and inspiring work of immense value for all serious practitioners."Ã¢â ¬â •Larry Rosenberg, author of Breath by Breath and Living in the Light of Death

I have read many versions of the Sutras and this one stands out as one of the easiest to relate to for me. The authors reflections in the second section illuminates my understanding of the text. I recommend this book for anyone interested in the Sutras and Indian philosophy.

The book is written well and is very easy to understand for beginners. It is an excellent source of information.

Highly recommended. Easy to understand. The translation is well documented.

Ancient wisdom from the Far Eastern masters is sometimes not easily understood from the

Westerrn point of view. In this book, The Yoga-Sutra of Patanjali: A New Translation with Commentary, Chip Hartranft, navigates the reader effortlessly through the cultural gap. Anyone interested in investigating the concepts of the Yoga-Sutra should read this book.

Best book on the Yoga Sutra's-Just ask Rolf Gates!

This needs to be reconsidered in light of "The Yoga Sutra of Patanjali: A Biography" by David Gordon White. White has many surprising findings that contradict many of the assumptions that have been made of this text since Swami Vivekananda revived the Yoga Sutras and brought it to the West. One of the most important revelations is that the book might actually originally have had a Buddhist orientation. A significant number of modern scholars think commentator Vyasa revised it specifically to make it more palatable to Hindus, and may even have written the fourth and last section himself. Especially noteworthy is that the Isvara of Patanjali is not a Creator God or a god of divine intervention, but closely resembles "Buddha nature" of Mayahana Buddhism. That suggests that the critics here complaining of the author's Buddhist interpretations are quite wrong. If you are a serious student, pick up D.G.White's book, which is better in Kindle format, then read or reread Hartranft.

Hartranft's translation makes the yoga-sutra accessible without sacrificing depth. His interspersed commentary in the first chapters provides useful context. Having the yoga-sutra stand alone (in translation) in an appendix is of great value as well.

Bought as a Christmas gift for a friend. She loves it.

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