# Gifted Out Of Sight Out Of Mind

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the yogasutra of patanjali constitutes one of the six darsana of ancient indian philosophy the sole aim of which is to unravel the mysteries of yoga give insights into its practices and lead the aspirant from the realisation of the individual self to that of the supreme self the book comprises the yoga sutras of patanjali the commentary of vyasa thereon english translation of both the text and the commentary notes preface appendix and chart

presents all the 195 yoga sutras professed by the legendary maharishi patanjali he affirmed that yoga is not only limited to  $\tilde{A}$   $\hat{A}$  sanas but also aims at outer and inner purification control and balance of the self meditation and complete absorption and finally union with the self contains 4 chapters samadhi sadhana vibhuti and kaivalya comprises of all the 8 limbs of ashtanga yoga 5 external and 3 internal yama niyama asana pranayama pratyahara dharana dhyana and samadhi the book fully utilizes available technology to aid elaboration of the

commentary on yoga sutras which are admittedly terse charts and tables as well as graphs and pictures adore the book practically on every page so that the reader finds it helpful to enhance his understanding stories and quotations from the spiritual greats are added to widen comprehension this then is a book that is truly unique in its presentation that would find ready acceptance by yoga teachers and students alike all over the world all those students and teachers of yogasanas who wish to go beyond asanas and aim at avoidance of mental modifications and the resultant stressful life would find this book a boon

contains the 4th session of the 28th parliament through the session of the parliament

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