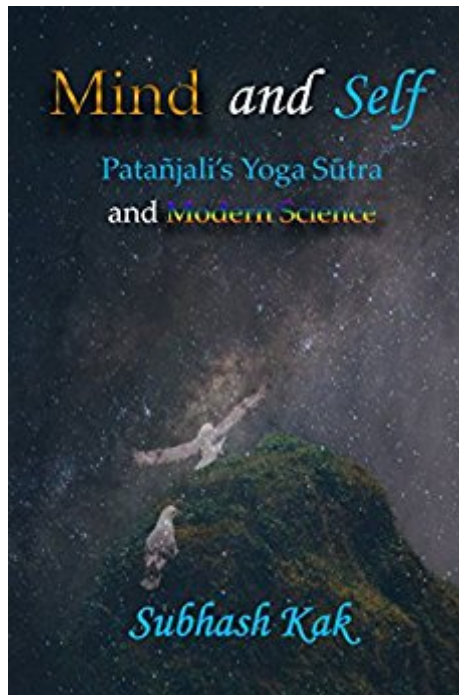




Ebook Directory
the best source of ebook

The book was found

Mind And Self: Patanjali's™s Yoga Sutra And Modern Science



Synopsis

Mind and Self is a new translation and commentary on Patañjali's Yoga Sāstra framed by new findings from neuroscience and physics that throw light on the counterintuitive workings of the mind. It brings in evidence from other early Yoga classics such as the Bhagavad Gītā, the Yoga Vāsishtha, the Ha, and Tantra to place the text in context and explain some of its most esoteric ideas.

Book Information

File Size: 5663 KB

Print Length: 134 pages

Simultaneous Device Usage: Unlimited

Publisher: Mount Meru Publishing (April 13, 2016)

Publication Date: April 13, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01E9NM1UK

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #896,443 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #66

in Books > Religion & Spirituality > Hinduism > Sutras #261 in Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Sacred Writings #634 in Books > Religion & Spirituality > Hinduism > Sacred Writings

Customer Reviews

Subhash Kak is a distinguished Vedic scholar and academic who has written extensively on Vedic topics and issues. His publications are always interesting, if not sometimes controversial, because he has the courage to think outside the box when interpreting the Vedas or other Vedic subjects. Kak's interpretations and writings are almost always taken from the standpoint of modern scientific theory and observation, and so indicates the subtitle of this new translation and commentary of the Yoga Sutras. Thus, Prof. Kak's translation and commentary of the Yoga

Sutras is a highly anticipated and is a welcome addition to the numerous commentaries on the Yoga Sutras. Kak's interpretation is somewhat of a disappointment. The subtitle of the book is that the sutras are interpreted from the standpoint of modern science. While there are certainly elements of science in his interpretation and commentary, there appears not enough to support the representation of the subtitle. Roughly one half of the book consists of a lengthy introduction of the six dharsanas, or schools of Vedic thought. Kak intersperses scientific topics in that introduction. It is, otherwise, a good introduction for the readers not familiar with Indian philosophy. But again not enough to be strictly from a scientific approach. If anything, the emphasis of the treatment is more psychological rather than scientific. In the same manner, the interpretation of the sutras are more or less conventional, again, with intermittent references to science, but not enough to be scientific. In what should have been the most interesting portion of the sutras from a scientific point of view "the siddhis, or supranatural powers obtained through the austerities of concentration and meditation" is given remarkable short shrift. It is there in the greatest connection between science and the sutras occur. Kak makes a brief reference of this connection. Through samyama, which is the combined fusing of the processes of dharana, dhyana, and samadhi, Kak notes in 3.20 that the adherent "takes control over material processes." While Kak mentions in several portions of the book that these extraordinary processes are easily abused, the siddhis, at least to me, from a scientific approach, should lie at the heart of ultimate liberation. Having said all that, though, the quality of Kak's translation of the sutras is outstanding. Of all the translations I have encountered, Kak's translation is the most intelligible and accessible to the modern reader. The translations are clear, and not, as in so many other translations, either antiquated or overly idiosyncratic. The translations certainly correspond more closely to the scientific approach Kak is attempting to make in this translation. Based on the quality of Kak's translation alone, this Yoga Sutra justifies five stars and is highly recommended.

I love it.

This is an excellent translation and commentary on the Yog Sutra from a learned scholar who easily spans both the Vedic tradition as well as modern computer and other sciences. Translating a book of the singular importance of Patanjali's Yoga Sutra (or Bhagvad Gita for that matter) is a monumental milestone, and one that cannot be undertaken casually. It signifies a coming together of a deep and holistic wisdom in the life of the author him/herself. I congratulate Dr. Kak, a dear

friend, on writing an excellent translation and commentary. The translations of the verses are short, to-the-point, and informative. The commentary preceding the translations brings together a holistic assemblage of various points of view on life, through Dr. KakÃ¢ÂÂs unique and well-honed sense of the Vedic and modern life. I highly recommend this book which can be read in one sitting, or can be a reference resource for a long time. This book will resonate especially with those who follow the path of gyan or knowledge or intellect. If the reader is more into the transcendental or other traditions, there are a select few other nice translations and commentaries on Yoga Sutra. I have been reading several commentaries on Yoga Sutra lately, and find each one very fascinating and enlightening in terms of the authorÃ¢ÂÂs own wisdom and tradition.

[Download to continue reading...](#)

Mind and Self: Patanjaliâs Yoga Sutra and Modern Science Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Kama Sutra: Best Sex Positions from Kama Sutra and Tantra to Skyrocket Your Sex Life (Kama Sutra, Sex Positions, How to have Sex, Tantric Sex) (Volume 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1) Kama Sutra: Kama Sutra Be the expert of love making and learn the modern ways of sex styles, positions, and become an irresistible lover! (Volume 3) Raja-Yoga & Patanjali Yoga-Sutra by Swami Vivekananda Yoga Sutra of Patanjali With The Eight Limbs of Yoga Box Set Collection Yoga: Discipline of Freedom. The Yoga Sutra Attributed to Patanjali Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Buddhist Wisdom: The Diamond Sutra and The Heart Sutra The Heart Attack Sutra: A New Commentary on the Heart Sutra Kama Sutra for Beginners: Your guide to the best Kama Sutra Love making techniques The Lotus Sutra: Saddharma Pundarika Sutra or the

Lotus of the True Law The Sutra of Hui-neng, Grand Master of Zen: With Hui-neng's Commentary on the Diamond Sutra (Shambhala Dragon Editions) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)