



The Yoga Sutras of Patanjali: The Essential Yoga Texts for Spiritual Enlightenment (Sacred Wisdom)

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Composed by the famous Indian sage sometime between the first and third centuries CE, *The Yoga Sutras of Patanjali* sets forth the practical and philosophical foundations of Raja Yoga. These aphorisms clearly mark out the path to Self-Realization, and their influence has been profound throughout the millennia. They are still regularly used today by those interested in the Yogic approach to self-knowledge and are open to anyone of any religion. The Sutras are presented here in a free form translation, with an insightful running commentary that makes them easily understandable to the modern reader and yoga practitioner.

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