

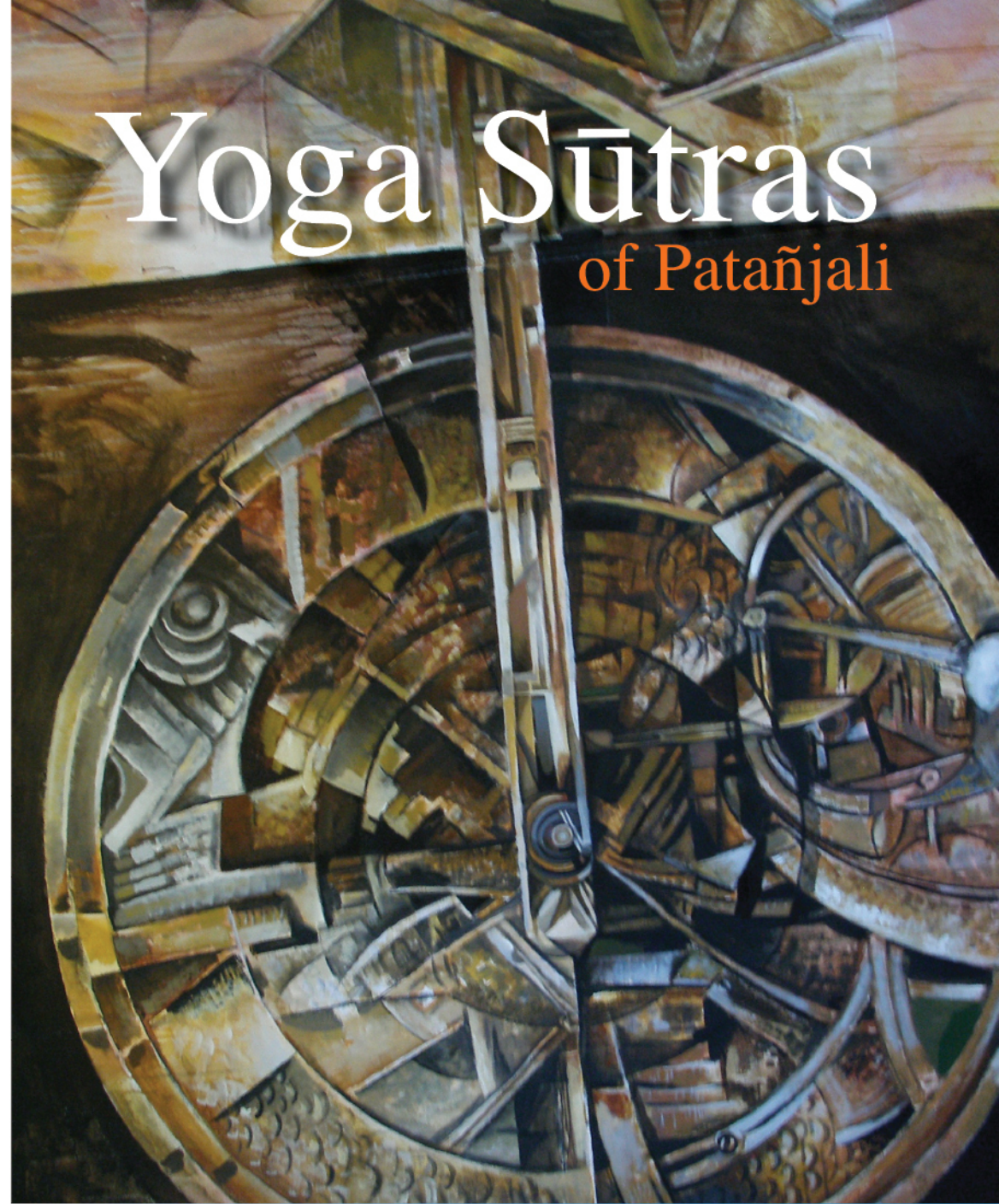
The Yoga Sūtras of Sri Patanjali Maharshi is a premium text of psychological discipline. If there ever was a curriculum for yoga, Sri Patanjali wrote it. Who is a student of yoga? Who is the yoga teacher? What is the step-by-step process of yoga? Is yoga arbitrary? Can yoga be adopted to the various types of psychologies in human beings? What are the components of human consciousness? Does each psyche have the same number of psychological parts? These questions and many more are answered in Patanjali's exposition of yoga.

Yogi Madhvāchārya (Michael Beloved) offers us an outstanding and faithful translation of Patañjali's Yoga Sūtras, one the jewels of ancient Indian spirituality. The translation from the original Sanskrit is supplemented by a useful word by word rendering, and a verse by verse commentary written from the perspective of a contemporary and yet traditional yoga practitioner. The commentary is psychologically profound and spiritually refreshing. Scholars and anyone interested in an authentic and philosophically rigorous presentation of yoga will find this a compelling read.

*Abraham Velez de Cea,
Department of Philosophy and Religion,
Eastern Kentucky University*

Cover Art by Paul Castagna : Large acrylic painting titled ; "The Wheel."
Traditionally , the wheel or Yantra was depicted in a very orderly, geometric manner. Everything was composed in a harmonious manner. However, at the onset of the yoga practice, this is not our actual experience. In fact, when we look into the content of consciousness and begin looking at the inner components, we find something very different. We find disorder and chaos, and oftentimes people turn away discouraged and frustrated because their meditation experience did not match the order they hoped to find. The order is there, but we are unable, at the onset, to see or appreciate it. It is unfortunate that people have these debilitating expectations, which deprive them of the riches of meditation, but this too is a fact to be seen and noted in our study of the human psyche. The painting suggests, that if we were to take up Sri Patanjali's Yoga process and look soberly into the content of our own consciousness, we would begin to find and experience clarity ; and that activity of becoming aware of the chaos is in itself, the beginning of order.

Yoga Sūtras of Patanjali



Michael Beloved 

A fresh translation and commentary
from the original Sanskrit

Yogi Madhvāchārya / Michael Beloved

