

# Atha Prayogaratnam .

## Anamola Prakaśana - Acharya Prashant

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- Hinduism -- Rituals -- Texts.Atha Prayogaratnam

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### Acharya Prashant

We spend so much of our lives committing to others — to our parents, to our children, our lovers, our friends, our jobs. Finding someone who actually does what they say they are going to do is rare. How much information have you acquired and how much of that have you implemented? The most essential part of all of this for me has to be the idea of connecting to my commitment through planning.

### Sutra I.1

Commit, Connect, Act, I commit to continuing my yoga journey by steeping in the yoga sutras daily, on my own yet connected to others in order to understand more fully the Sutras and apply them to my life. You'll feel great to spend time with the things to see and always in contact with these girls and then shut misses you if get us our agency. Many people stray from their plan once they become uncomfortable.

### Sutra I.1

Yoga, in the context of the Yoga Sutras means samadhi or loosely translated as freedom

### Ashta Pratiharya

In the years I have known him, what he decides to do, he does.

### Atha Yoganusasanam...what does it mean?

When people think of Yoga they think of poses like Warrior I, Tree, Eagle, Triangle but Yoga does not mean postures or asanas. I love those days in which I leave the office knowing that I got done everything that I could get done, when I work out and I did my best, when I hang out with my friends and enjoy every bit of our conversation, when I am reading and I feel I am fighting that dragon with the warrior in my novel. There is always something hidden underneath the surface of a person or a thing, but to discover it you have to be willing to look deeply.

### Sutra I.1

The 'Yoga Sutras of Patanjali' consist of 195 Sanskrit aphorisms written by the Sage Patanjali. Starting this journey again, revisiting the text and the sutras for a second time.

### **Sutra I.1**

Call girls are very fun, which are not going to let you miss any kind and want to give a lot of fun to the eyes in every way. So, maybe I need to focus on my role as a wife, daughter, sister, best friend, etc.

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