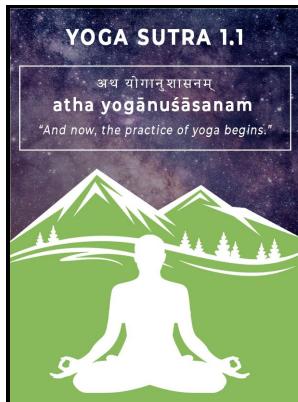


# **Yoga sutras of Patanjali**

**Integral Yoga Publications - The Real Truth About the Yoga Sutras of Patanjali**



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## **Yoga Sutras of Patanjali**

A Wisconsinite at heart, Ashley is currently a student working on her masters in creative writing in Edinburgh, Scotland. While you can find many interpretations of it, getting familiar with the sutras themselves is a great way to get closer to your yoga practice.

## **The Yoga**

And thank you to the readers out there who entertained this fun dialogue! The thought-streams are five-fold, painful and not painful.

### **Yoga Sutra 1.1: The Power of Now**

This yama is hotly debated and widely interpreted. By self-control over their distinctions, understanding of all languages of all creatures arises.

### **Yoga Sutra 1.1: The Power of Now**

Deep sleep is the modification of the mind which has for its substratum nothingness. By samyama on the five forms of the elements bhutas , which are gross form, essence, subtleness, interconnectedness, and it's purpose, then mastery over those bhutas is attained. He has made an academically serious study into a presentation of most symmetrical beauty.

### **Pātañjalayogasūtra**

To practice with effort whenever possible is the only way to fully achieve mental stillness. This type of knowledge that is filled with truth creates latent impressions in the mind-field, and those new impressions tend to reduce the formation of other less useful forms of habitual latent impressions. These five moral observances are meant to encourage personal evolution, and to teach yogis how to internalize and properly use their energy.

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