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Meet the perfectly imperfect humans at the heart of Freedom. A beautiful mix of personalities tightly bound by a shared passion for yoga, for Freedom, for life. Elvina Cheong

Freedom Yoga

Freedom Part 2, Chapter 4 Summary. BACK; NEXT ; How It All Goes Down. Mistakes Were Made (Conclusion), A Sort of Letter to Her Reader. Nope, we didn't make a mistake. After Part 3 in this book comes the last chapter of Part 2. Patty decides to write Walter a summary of the six years since they separated.

Freedom Part 2, Chapter 4 Summary - Shmoop

The third chapter described the last three limbs of yoga and the powers that can be attained. The fourth chapter outlines the movement of consciousness from I-ness, the "me" of ego, or the little self, to the full experience of Self-Realization in freedom. Patanjali begins the chapter by outlining the five indirect means of attaining kaivalya, or liberation: 1) an exalted birth, 2) magical herbs, 3) mantras, 4) intense spiritual practice and 5) absorption into Spirit.

Yoga Sutras, Chapter Four-Kaivalya: On Absolute Freedom ...

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