



Patanjali's Healing: An Interpretation of the Yoga Sutra of Patanjali

By Tim Francis

Arthur H. Stockwell Ltd. Paperback. Book Condition: new. BRAND NEW, Patanjali's Healing: An Interpretation of the Yoga Sutra of Patanjali, Tim Francis, This book is an interpretation of The Yoga Sutra of Patanjali gained through the author's experiences, practice and accumulative knowledge of life - a process that will long continue for all seekers of truth. The foreword gives a brief background to Yoga and the anonymous 'Patanjali', then suggests that 'Life is our teacher'. An attempt has been made to make the sutras themselves as concise as the original, with subtle hints towards interpretation that you will find interesting and original. This is followed by 'Practice', in which the reader is encouraged to contemplate the significance of the sutra's message in everyday life today, using verse, symbolism and mantra. The object of the work: 'observing' Patanjali's blessings of spiritual healing through yoga. Patanjali, the father of yoga, has shown us the way via the sutras. This book attempts to bring the destination closer using today's language.



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