



# **Enlightenment: The Yoga Sutras of Patanjali: A New Translation and Commentary**

*Maharishi Sadasiva Isham*

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The Yoga Sutras of Maharshi Patanjali are an elegant description of the expansion of consciousness and the psychological, emotional, and physical transformations involved. Many commentators have mistaken the sutras for steps to enlightenment, believing it necessary to renounce normal life and force the mind into silence. Nothing could be further from the truth. This translation and commentary corrects this unfortunate distortion, clearly revealing the power of the sutras to illuminate the nature of the Self and brings to light the true purpose and meaning of Patanjali's words. The Yoga Sutras do not contain the actual techniques to achieve enlightenment, but do describe what happens when proper tools are correctly applied. The techniques themselves have always been passed on through personal instruction, one enlivened heart to another.

## **Enlightenment: The Yoga Sutras of Patanjali: A New Translation and Commentary Details**

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# **From Reader Review Enlightenment: The Yoga Sutras of Patanjali: A New Translation and Commentary for online ebook**

## **Jyoti says**

Enlightenment, The Yoga Sutras of Patanjali ISBN 13: 978-0-9843233-1-9 ISBN 10: 0-9843233-1-7 LC95-06142 (Old ISBN 0-931783-17-8) A bold new translation of this many thousand year old document provides fresh, clear commentary about higher states of consciousness from Higher States of Consciousness. Considering its origin, one may be surprised with the scientific basis and the depth of description of the working of the mind. MSI not only exposes the simple cause of all distortions of the mind but states the approach that must be adopted to create the relationship with our Divine Nature. He is clear that attempting to eradicate these distortions on their own level will only give rise to other addictive tendencies in other areas of life. The correct approach requires a direct and living experience of our Source, Our own Divine Nature. As we experience That, our desire for That increases. Life and the universe easily can shift to experience more of our Divine perfection; all that is not That begins to wither away from lack of attention.

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## **Mahadeva Ishaya says**

I've read thru a few different translations of the Yoga Sutras. What I find helpful in this book, is MSI's interest in the Sanskrit language and the subtleties of the message within each sutra as it pertains to the understanding of the nature of consciousness, and the expansion of consciousness in the relative experience. He describes the differing characteristics of expanded states of consciousness beyond the known waking, dreaming and sleeping states, which in turn affect these known three. The other 4 expanded states (referenced in the 4 parts of the Yoga Sutras) are primary to the understanding of the eternal Self.

I've read this book an uncounted number of times to approach the thoughts fresh, and with a new perspective. Each time I read it I get more from it. It's the kind of book you want to explore and not just read thru. It's been a consistent friend in the ongoing process of expanding experiences of consciousness.

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## **Vanessa says**

Putting this aside since I have Iyengar's 'Light on the Yoga Sutras of Patanjali'. Read a few chapters - interesting interpretations of the sutras by a ?Christian? sectarian, I have no idea who the author is. Still, I'm more interested in reading Iyengar.

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## **Brendan says**

I picked this book up many years ago at my beloved yoga studio in Chicago. I had happened upon a yoga class at that time where the teacher would discuss the Yoga Sutras. I found it intriguing and bought this book. I've since discovered that MSI is some former adherent to the TM movement, some say possibly a cult

figure. I don't know and I don't care, as I don't plan on joining any "movement" or "religion." After liberating myself from Christianity, why would I want another? But I digress.

This book seems to provide a reasonably consistent and interesting commentary on the Sutras of Patanjali. But I don't consider it gospel nor should you. I find the book valuable reading in conjunction with other commentaries/translations and in this way I can make up my mind for myself how I interpret what patanjali is saying. For example, MSI discusses what he translates as "Perpetual Consciousness." I think a better, more simple word would be "mindfulness." In any case, interpreting the play of words and possible meanings and interpretation is a part of what makes the sutras really engaging. This book helps in that effort but, again, it is not the final word on the matter.

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## **Justin says**

I am not sure what to make of this book. When I first picked it up it seemed enlightened. I put it down to read other books and when I picked it up it felt like it was pushing a point and repetitively. In general I found it frustrating slow to read. It might just be that I dislike translations of eastern classics.

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