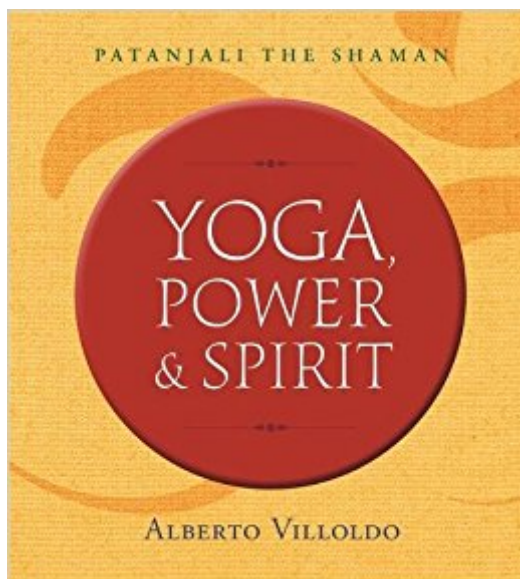


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# Yoga, Power & Spirit: Patanjali The Shaman



## Synopsis

The Yoga Sutras of Patanjali is the classic Hindu text on the spiritual practice of yoga. Written more than 2,000 years ago, these teachings provide a rich, contemplative understanding of yoga and philosophy. Derived from an ancient oral tradition, when the Divine feminine was worshiped, the Yoga Sutras were later taught by priests and scholars from a masculine tradition that obscured their deep wisdom. While there are many scholarly translations of the Yoga Sutras, in this book, best-selling author and shaman Alberto Villoldo reveals how these teachings are available to us at all times—without gurus, temples, or decades of study. Villoldo's own fieldwork with the high shamans of the Americas has shown that the goals of shamanism and yoga are identical, and he demonstrates the parallels in their practices. In a series of short, inspirational passages from the Sutras, the reader is led toward self-realization and enlightenment in its simplest form. In this treasured book, Villoldo brings to life the spiritual teachings of yoga in a pure and practical way—stripped of dogma and brimming with poetry and spirit.

## Book Information

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## Customer Reviews

Alberto Villoldo, Ph.D., has trained as a psychologist and medical anthropologist, and has practiced yoga for more than 25 years. He has traveled to the source of India's holy rivers in the Himalayas to rediscover the wisdom of the Sadhu, India's ancient shamans. Dr. Villoldo directs The Four Winds Society, where he trains individuals in the U.S. and Europe in the practice of shamanic energy medicine. Dr. Villoldo has written numerous best-selling books, including One

Spirit Medicine; Shaman, Healer, Sage;and Power Up Your Brain. Website: [www.thefourwinds.com](http://www.thefourwinds.com)

Beautiful articulation of the yoga sutras. A much lighter and enjoyable read than others like the four chapters of freedom. I have always connected so many dots with shamanism and yogi cultures. This book confirmed many of my beliefs and brought light to others. I read this book cover to cover in one sitting and now have fresh inspiration to channel into my asana and pranayama practice.

Yoga, Power, and Spirit: Patanjali the Shaman This translation was referenced at the Yoga Journal Conference in Hollywood, FL a few months ago during a workshop on the Yoga Sutras. I immediately purchased a copy for myself and one of my students. I own four other translations of the Yoga Sutras, but I was able to go through this translation and find passages easily in language that I am using daily for readings in my classes. I teach to newer students and the sutras on breath are easily incorporated into classes and easily understood. I would recommend this for any student of the Sutras as a compliment to any other translations they may be studying.

I enjoyed this work and felt close a reading of the sutra's brings my perception into oneness and timelessness directly. Will read and re read to combat the fast paced daily grind and the monkey mind. I recommend Alberto's interpretation to any reader interested.

Just an inspired interpretation of yoga sutras. Compare it to traditional translations. This was used in my yoga alliance approved yoga teacher training. So much for traditional yoga. Let's just tell people things that make them feel good

Lyrical. Wisdom captured in words. An exhortment to action more than a translation. It puts yoga at the very top of human endeavor as Patanjali intended.

I've attempted many translations of the Yoga Sutra, but never really been able to grasp them. This one is written in a manner that is simple and easy to grasp. I will continue to study this book and then I think I will be able to better understand some of the other translations. I'll share this with all of my yogi friends!

Articulating a timeless text the writing draws the reader gently through great truths without being trite or overly self conscious

Great translation!!

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Yoga, Power & Spirit: Patanjali the Shaman The Yoga Sutras of Patanjali: By Patanjali & Illustrated (Five Bonus works & an Audiobook FREE are included) Yoga Sutras of Patanjali Proper Translation This book is now included in the eBook Patanjali Code Glimpses of Raja Yoga: An Introduction to Patanjali's Yoga Sutras (Yoga Wisdom Classics) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Inside the Yoga Sutras: A Comprehensive Sourcebook for the Study & Practice of Patanjali's Yoga Sutras Raja-Yoga & Patanjali Yoga-Sutra by Swami Vivekananda Yoga Sutra of Patanjali With The Eight Limbs of Yoga Box Set Collection Yoga: Discipline of Freedom. The Yoga Sutra Attributed to Patanjali Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) The Celtic Shaman's Pack: Journeys on the Shaman's Path Shaman Pathways - The Druid Shaman: Exploring the Celtic Otherworld Shaman's Revenge (The Way of the Shaman: Book #6) LitRPG Series The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras The Yoga Sutras of Patanjali Light on the Yoga Sutras of Patanjali The Yoga-Sutra of Patanjali: A New Translation with Commentary (Shambhala Classics) How to Know God: The Yoga Aphorisms of Patanjali The "Yoga Sutra of Patanjali": A Biography (Lives of Great Religious Books)

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