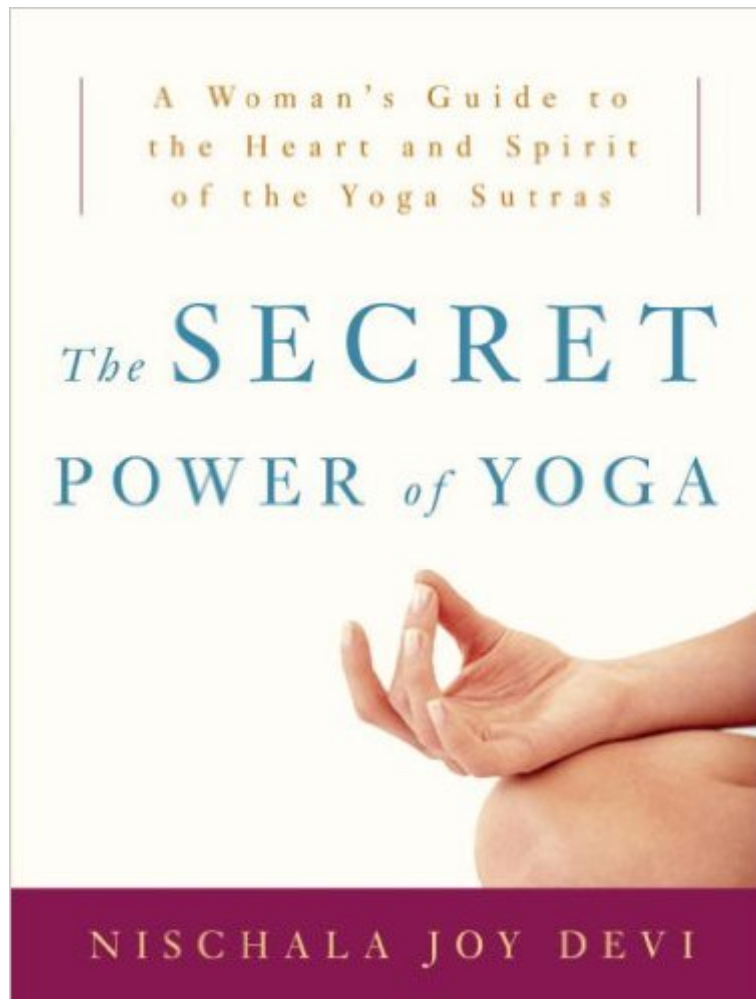


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The Secret Power Of Yoga: A Woman's Guide To The Heart And Spirit Of The Yoga Sutras



Synopsis

Yoga is well known for its power to create a healthy body, but few realize the emotional and spiritual benefits. In *The Secret Power of Yoga*, world-renowned Yoga expert Nischala Joy Devi interprets Patanjali's Yoga Sutras, the principles at the basis of Yoga practice, from a heart-centered, intuitive, feminine perspective, resulting in the first translation intended for women. Devi's simple, elegant, and deeply personal interpretations capture the spirit of each sutra, and her suggested practices offer numerous ways to embrace the spirituality of Yoga throughout your day.

Book Information

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Customer Reviews

Although most of us view yoga as simply a physical discipline, there is a far more spiritual dimension to it. The entire philosophy of yoga has been contained in Patanjali's Yoga Sutras. Sutra is Sanskrit for "thread" - the sutras are a collection of terse aphorisms threaded together, laying out the whole of yoga. Translations of these sutras have been done by males over the years and although there are some wonderful books on the subject (Iyengar's "Light On the Yoga Sutras" for one), I have found these books to be rather dry. Well known yoga instructor, Nischala Joy Devi has written an entirely new and feminine perspective on these ancient proverbs. Devi writes in an almost poetic manner and substitutes words that are 'negative' with a more heart centered counterpart. For example, for Aparigraha which is often translated as non-greed, Devi uses "awareness of abundance". This is a very nurturing viewpoint that makes the sutras "friendlier" and more easier to relate to. Meditations and practices are sprinkled throughout to help intergrate the vibe of the sutras into your heart. She covers books one and two of the sutras and did a brief scan of book three. I am

somewhat hopeful that she is intending on covering books three and four (she didn't mention book four at all) in a further volume, but until then, this is enough food for thought for now.

This set of CD's lives in my car and accompanies me down the road -- both the physical road and the road of my life. As an avid student of Yoga, I am enamored not only with asana (poses) practice, but with the metaphysics and philosophical underpinning of this ancient and sometimes complex system of whole health. Nischala Devi guides me from a woman's perspective, simply and clearly through the maze of the Yoga Sutras with her own unique flavor and world view. And while this is not an accurate "translation" of these ancient texts, her interpretation and commentary is for today, for women, and uncomplicates and simplifies the teachings so I can cease struggling and just rest in the depth of how to live my life in the 21st century where I am and as I am.

This book is truly a gem. It discusses the Sutras from a heartfelt perspective lacking in most other translations. It will compliment any other reading of the Sutras you have done, and will add a whole other dimension. A must-have for any complete yoga library.

This is the best interpretation of Pantanjali's Yoga Sutras I've ever read. I highly, HIGHLY recommend it. I just finished it and will be reading it many, many more times. Instead of making a list of do's and don'ts that sound unattainable this book rephrases the sutras so that they're truly livable. It doesn't matter that it isn't a word for word translation and it doesn't matter that not all of the sutras are included. The author states her reasons for not including all of them and explains that she's not translating as a scholar. This is the first time I've read the Yoga Sutras and have been warmed by them.

I loved the book. She knows how important language is and uses positive language to get her points across. It is wonderful to have a woman write about them. Some of these negative reviewers are most certainly men and I find it really odd that they make a big thing about her not being able to read Sanskrit and translate Sanskrit when so many of the other books translated were not originally translated by authors that could translate Sanskrit either. They hired people to do this. What people need to remember is that all of these books about the Sutra's is that are interpretations. I have read four of these books not including this one and they are all different. Get over it! Nischala has spent years as a yogi and lived in an ashram for eighteen years, etc. She is more authentic than many others that have written about the Sutra's so open your mind a bit and examine your own

prejudices.

If you are truly on a spiritual path to find peace, joy, harmony and love in your life, then this book must be in your collection. It is written from a woman's perspective, simply explained and opens your mind to receive what you want to learn. How to find inner peace which is the ultimate secret of a joyful life. Her writing and phraseology enables you to carry her words with you through the day. If you want to travel this spiritual journey, then this is your guidebook

Having been involved in yoga for 20 years I understand the sometimes frustration that all perspectives of the traditional writings are from a male perspective. Devi holds the sacredness of the text while bringing even more heart and compassion to the readings. Thanks! Shannon

I love, love, love this book. It reads like lyrics to a song and helps you to remember the Sutras in a much more applicable way. It is a woman's perspective and compliments the other books which are strictly from a male perspective. I read the Sutras from each but this is the one that stays with me and helps me put the words into my daily practice. She is authentic and the book is written beautifully.

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