

Book Review of **The Yoga Sutras of Patanjali** – translation and commentary by Douglass A. White, Ph.D.

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I should start out by saying that, generally speaking, I do not like tomes of philosophy or literature. That is not to say that I am not interested in Philosophy. I am. I have immersed myself in the practice and study of Indian philosophy for 45 years. However, most of the knowledge that I have gained has come through experience of meditation, Jyotish, yagyas and live talks from living masters.

This little volume is an exception. I love it! I just finished Parts 3 and 4 and it entirely blew my mind. I consider this book to be one of the 10 most important books that I have ever read (and I have read between 2000 and 8000 books).

Dr. White's writing is exceedingly clear and to the point. It is not overly fancy, as is the writing of so many authors with advanced degrees. I feel vastly more enlightened, at least intellectually, from having read this.

You must buy it and read it and absorb the profound teachings that Patanjali and Dr. White espouse. The ultimate lesson seems to be that we are co-creators of our own Reality and that we are all Awake. The only thing that holds us back from experiencing this as a Permanent Reality is having the correct point of view of life and the correct understanding.

My grade for this book is at least A+++ . Actually, I would rate it as 1000 on a scale from 1 to 100.