



## Secret Yoga Club 3: Anchored in the Sutras, Quantum Physics, and Samadhi (Paperback)

By Robert Crolene

Zero-Point Publishing, United States, 2014. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Ron Adams, growing up in Tucson, going to school, off to college, tragedy, deaths, incarceration, prison gangs, mandatory release, High Sierra, marriage and family, mountains and earthquakes: What is a yogi supposed to do? Simple. Follow the Yoga Sutras and remember Patanjali's words: These Great Vows are universal, not limited by class, place, time, or circumstance. Welcome to the Secret Yoga Club. This series of books (Secret Yoga Club 3 is the third among them) explores the Yoga Sutras of Patanjali, a collection of 196 concise thoughts based on thousands of years of study. The sutras are mostly psychological, a map of consciousness, the landscape from here to samadhi. Many learned commentators see them as eloquent and methodical, and some consider Patanjali the Einstein of sages. His sutras show a fractal structure, growing upon itself from a seed to the universe. But what would a child think? Suppose the first sutra, Now the practice of yoga, is given to Ron as a 2-year-old. And suppose this practice is carried forth through adulthood, one or more sutras...

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