

HOW
TO KNOW
GOD

THE YOGA APHORISMS OF PATANJALI

TRANSLATED, WITH A NEW COMMENTARY BY
SWAMI PRABHAVANANDA
AND
CHRISTOPHER ISHERWOOD

HOW TO KNOW GOD

Here is a new translation and commentary on one of the classical guides to the spiritual life. It has a vital message for everyone who is sincerely looking for a meaning behind the apparent chaos and tragedy of our everyday life.

These aphorisms were composed by Patanjali, a great Indian sage, over 1500 years ago and are now translated into clear, intelligible English prose, simplifying some of the technical difficulties. The accompanying commentary interprets the sayings for the spiritual aspirant of today, and applies them to his or her problems as a citizen of the modern world. As such it is emphatically not a book written for experimenters in the occult.

In brief compass we are given a full picture of what yoga is, what its

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Those who wish to learn in greater detail about the teachings contained in this book are advised to communicate with the Secretary, Vedanta Society of Southern California, 1946 Vedanta Place, Hollywood, California 90028.

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aims are, how it can be practiced, what powers can be attained by it and finally what liberation of the soul consists in.

"Whether you regard this book as a work of intellectual philosophy, or—according to its title—as an interpretation of the principles underlying great religious truths, it is one that is deeply satisfying, stimulating and absorbing."—JOHN VAN DRUTEN

The authors: Swami Prabhavananda is the author of *The Sermon on the Mount according to Vedanta*, *The Spiritual Heritage of India*, *The Eternal Companion*, and co-translator of *The Upanishads*. Christopher Isherwood is the well-known writer who previously collaborated with Swami Prabhavananda in translating the *Gita* and Shankara's *Crest-Jewel of Discrimination*.