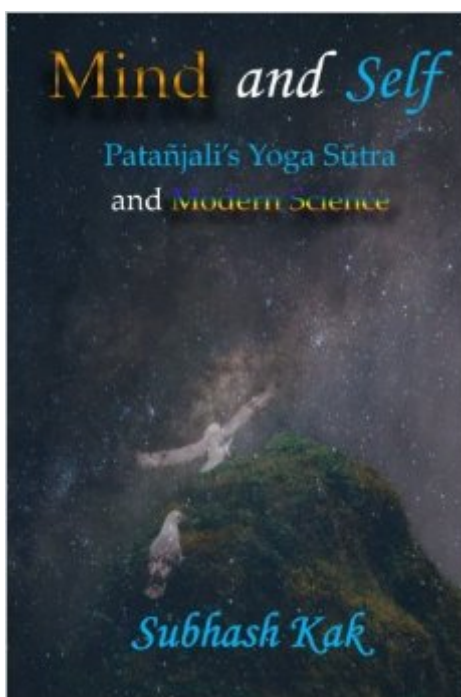


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# Mind And Self: Patanjali's Yoga Sutra And Modern Science



## Synopsis

Mind and Self is a new translation and commentary on Patanjali's Yoga Sutra framed by new findings from neuroscience and physics that throw light on the counterintuitive workings of the mind. It brings in evidence from other early Yoga classics such as the Bhagavad Gita, the Yoga Vasistha, and Tantra to place the text in context and explain some of its most esoteric ideas.

## Book Information

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## Customer Reviews

Subhash Kak is a distinguished Vedic scholar and academic who has written extensively on Vedic topics and issues. His publications are always interesting, if not sometimes controversial, because he has the courage to think outside the box when interpreting the Vedas or other Vedic subjects.

Kak's interpretations and writings are almost always taken from the standpoint of modern scientific theory and observation, and so indicates the subtitle of this new translation and commentary of the Yoga Sutras. Thus, Prof. Kak's translation and commentary of the Yoga Sutras is a highly anticipated and is a welcome addition to the numerous commentaries on the Yoga Sutras. Kak's interpretation is somewhat of a disappointment. The subtitle of the book is that the sutras are interpreted from the standpoint of modern science. While there is certainly elements of science in his interpretation and commentary, there appears not enough to support the representation of the subtitle. Roughly one half of the book consists of a lengthy introduction of the six dharsanas, or schools of Vedic thought. Kak intersperses scientific topics in that introduction. It is, otherwise, a good introduction for the readers not familiar with Indian philosophy. But again not enough to be strictly from a scientific approach. If anything, the emphasis of the treatment is more

psychological rather than â œscientific.â •In the same manner, the interpretation of the sutras are more or less conventional, again, with intermittent references to science, but not enough to be â œscientific.â • In what should have been the most interesting portion of the sutras from a scientific point of view â ” the siddhis, or supranatural powers obtained through the austerities of concentration and meditation â ” is given remarkable short shrift.

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