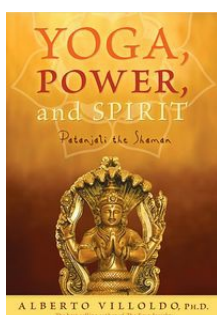


# YOGA, POWER, AND SPIRIT: PATANJALI THE SHAMAN

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The True Self quietly observes the playground where thoughts take form, where games are played, and the gunas obeyed. These are the laws of light, activity, and inertia of inspiration, action, and obstacles. The gunas are those things that can be known. Your mind ponders all their qualities, mistaking these for reality, for they gave birth to the mind. But the Self remains unmoved by the noise in the playground. Alberto Villoldo, Yoga, Power, and Spirit: Patanjali the Shaman: Pantanjali the Shaman //

## Reader's Opinions

Daily Read, Simple translation of Patanjali. Good for meditation and practice. To help live by yoga.