

**THE HINDU SYSTEM OF  
SELF-CULTURE OF THE  
PATANJALA YOGA  
SHAstra**

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The Hindu System of Self-culture of the Patanjala Yoga Shastra by Kishori Lal Sarkar

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**KISHORI LAL SARKAR**

**THE HINDU SYSTEM OF  
SELF-CULTURE OF THE  
PATANJALA  
YOGA SHASTRA**



THE HINDU SYSTEM  
OF  
SELF-CULTURE  
OR THE  
PATANJALA YOGA SHASTRA.

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BY  
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## PREFACE.

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The principles of yoga apply alike to the highest spheres of contemplative and religious life and to the humblest objects of worldly pursuit. It is like the fundamental processes of algebra which enter into the solution of the highest problems of Differential Calculus no less than into the solution of ordinary questions of calculation. The commentators of the Yoga Shāstra however view it only in connection with the high metaphysical and spiritual questions relating to humanity. This is no wonder, as the yoga Shāstra itself deals with too many questions of this class. But the need of the modern day is to know the Yoga Shāstra as a general and abstract system, irrespective of the objects to which it may be applied. In the following pages I have tried to present it in this shape. The appendix is intended by the publisher to explain how far the discoveries and the researches of modern Europe comport with the facts and theories of Yoga Shāstra.



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