

Patanjali Yoga In Gujarati

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While the yoga sutras of Patanjali are dated somewhere between 500 B.C. to 400 C.E., Patanjali was not the founder of the yogic school of philosophy. Rather, Patanjali drew upon the Vedantic literature Like the Upanishads and Samkhya philosophy both of which have Vedic roots. The influence of Samkhya on yoga sutras is so great that some ...

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practice any one of the various forms of yoga systems in order to achieve moksha - that is freedom in current life (jivanmukti) or salvation in after-life (videhamukti); practice bhakti or puja for spiritual reasons, which may be directed to one's guru or to a divine image. [109]

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