



The Perfection of Yoga

A.C. Bhaktivedanta Swami Prabhupada

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In the Perfection of Yoga Srila Prabhupada cuts through the commercialism that now clouds the real meaning of yoga. He explains that beyond postures and exercises, beyond even meditation and breathing techniques, the ancient teachings of yoga aim at lasting, loving union with the Supreme Personality of Godhead, Lord Sri Krishna.

The Perfection of Yoga Details

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From Reader Review The Perfection of Yoga for online ebook

Duncan Reed says

Interesting, and I agree that Bhakti is an important strand of Yoga, but A.C really stretches points to argue that the Hare Krishna chant/mantra/japa is the best (only real) way to show devotion, arguments which I don't think are really there in the Gita. Or at least, certainly not to the extent that he argues. Worth reading to help you to see where the Hare Krishna movement (or ISKCON) is coming from.

Satine Dali says

It's a very short read, expanding upon themes explored in "The Bhagavad Gita as it is". *Spoiler Alert* Yoga isn't all about bodily positions and enjoying sex life.

Paul says

Hare Krsna, Hare Krsna, Krsna Krsna, Hare Hare. Hare R?ma, Hare R?ma, R?ma R?ma, Hare Hare.
Interesting
Hi Reilly hi kenz :)

Sion says

Sublime text. Answered many things for me about yoga and spirituality.

Anurag Dorado says

Amazing book!

Fidel Maza says

A beautiful book that reminds us of what is truly important. The answer to many of my own questions in life !

Dylan Grant says

A friend of mine gave me this book on a day in which I had been meditating very deeply. He said that day hare krishna missionaries had been handing out books, and they gave him this one. Having no interest he

gave it to me. I considered this to be a very auspicious way to receive a spiritual book. I have been very slowly reading this tiny 70-page book ever since he gave it to me.

Spiritual books are worth eight hundred times their weight in gold, because if we read them with the right attitude our mind's attention is taken out of the material sphere and into the spiritual sphere, which is where our true happiness lies.

Prabhupada's approach to spirituality is devotional as opposed to meditational which is more along the lines of what I am used to. I didn't agree with his claim that genuine meditation is impossible in the modern era, but I do agree with the claim that Bhakti is a beautiful emotion that we should all cultivate and with his methods to do it.

Overall, a great book for those seeking spiritual food. Approach with an open mind. I would greatly enjoy reading more books by this author - my interest has been piqued.

Rakshita Roat says

H.D.A.C. srila prabhupada's books are always amazing just got to know the original meaning and form of yoga and how it is connected to spirituality

Jane says

Not yoga as westerners think of it. Rather devotional yoga. But a nice intro and something people interested in eastern spirituality should look at.

Gaelan D'costa says

Survey material with an obvious spin, but that is to be expected from something given to me for free on the street.

That being said, I learned an important thing about meditation from it: keep your eyes sort of open and always keep the tip of your nose in sight, that will make it easier to dive into meditation without falling asleep.

Other than that, it's a pretty decent survey on the average amount of hinduism a westerner is likely to know. One can pick out the base terms, although the book isn't very good at explaining them ... it's almost as if certain terms were left unexplained on purpose?

It's "join and pay money to the International Society of Krishna Consciousness" factor is actually pretty subtle, definitely included but with most focus of devotion not being to the founder or the society, but Krishna as interpreted by the founder.

Other than that, it has standard tropes of religious philosophy I am not a fan of ... a dualism where the body and physicality is declared terrible, a contemporary degraded age where previous ones were declared way better, an implicit assumption that the reader is male and that femininity is an inferior condition that mostly exists as sexual temptations, stuff like that. Enlightenment is this air fairy thing everyone ostensibly wants but rather than being about one's state of grace it's the reward for devoting one's self to Krishna at all times (renounce your worldly relationships, they are but bodily relationships, but Krishna is mother/father/son/husband (never wife.))

Nika Vardiashvili says

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Sara Freels says

Intriguing.

Rebecca Rolnick says

This little book was given to me by a traveling monk. I agree with some parts but not most. I think it's always interesting to learn more about other people's religion/spirituality (Hinduism, in this case). I like the idea of the Supersoul and that every living thing is connected. But I don't like the idea that renunciation of the material world is necessary for spiritual growth.
It's really interesting reading this at the same time as Other Minds, a book about octopuses and the evolution of consciousness, since this also talks a lot about consciousness but in a different way.

Guy says

To my surprise in many ways I don't like this book, and it took a long time for me to read the 56 small pages. I don't like it and give it 4 stars. Odd.

What I didn't like was that the *feeling* I got was didactic anger. The challenge with that is why this feeling. Is that what is in the words, or am I seeing my own unacknowledged anger? I haven't been able to fully answer that question and there may be elements of both. Evidence of the anger in the words, then. I may very well be misunderstanding the strident nature of Prabhupada's single note and admonitions as anger. That I will readily admit is possible. Also possible is that I am being overly sensitive to his repeated invocation that the *only* path to perfection is by chanting the Lord's name and Prabhupada's use of 'must', 'have to', and 'should'

throughout.

So why 4 stars? Because it does contain wisdom. For an example of his pragmatic wisdom and invective:

...Everything *must* be engaged in the service of the Lord. Whatever we do as an ordinary worker or a *sannyasi* or as a *yogi* or as a philosopher *must* be done in Krsna consciousness.

...

For those who are taking the first steps up the staircase of the *yoga* system, there is work. One *should* not think that simply because he is beginning *yoga* he *should* stop working. In *Bhagavad-gita* Krsna asks Arjuna to become a *yogi* but He never tells him to cease from fighting (8) [my emphasis].

(This reminds me of the Jungian psychologist Marie-Louise von Franz stating that for a man who has not grown up, the most important thing for him to do is find steady work.)

Prabhupada uses 'must' and 'should' constantly throughout the book. And that usage creates in me a very strong push back, because it is the language of the bully. And so that is why I don't like his book: he is being a wise bully. And this is likely the source of my feeling that it is angry. And that feeling likely arises because of my having been raised within an anger filled family-dynamic and so, rightly or wrongly, I see bully behaviour as that emanating from a place of anger and in part why I see the book as being an angry one.

And I give it 4 stars because, despite that, I see that in the main he is correct. Especially when you relax from the literalness of his language and allow metaphor and subtle meaning to be read between the words, and allow the words of the *Bhagavad-gita* to speak for themselves.

Joe says

Powerful. Dummies like me who pick up this pretty book expecting to learn about postures are reminded that meditative, devotional yoga is a spiritual practice. This tiny volume packs quite a punch:

"The actual perfection of human life lies in being always Krsna conscious and always being aware of Krsna while performing all types of activities."

"The profits of one's labor in the material world is to gratify one's senses. But a real yogi does not desire such fruits. He has no desire other than Krsna, and Krsna is already there."

We can labor for material rewards but where does that get us? We die and our possessions and other sensual rewards are left behind, and without ever knowing true happiness. But for the person whose mind is on God and whose actions are devotions to Him, this person takes his spiritual progress into the next life. So the purpose of yoga is to take us down a spiritual path whereby we grow ever closer to Krsna.

The author reminds us that we are not master of our own life and relationships, but servant. By our own actions, we are not even fathers and mothers. "Merely by sexual intercourse a living thing cannot be begotten. The living thing must be *placed* in the emulsification of secretions." God is everywhere.

Believe these things or not, but the little book is a lovely reminder that yoga is born of serious spiritual searching by men who devoted their lives to finding God. Something to keep in mind while breathing through our downward dogs.

