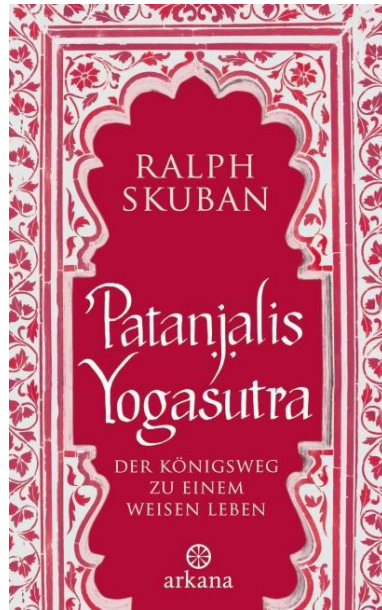


## A path to the transformation of our consciousness



Dr. Ralph Skuban  
**Patanjali's Yoga Sutra**  
[Patanjali's Yogasutra]  
The regal path to a wise life

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**Ralph Skuban** is a political scientist and book author. For more than two decades, he has led a facility for those suffering from dementia. For many years he has been studying the philosophy and the mysticism of the East. His ideas and research are enriched by his own intensive practice.

The 200 verses of the Yoga Sutra by Patanjali describe in its incomparable tightness, logic, and precision the developmental path of our consciousness known as yoga. In this context, yoga means both path and goal: as goal, it stands for the condition of self-realization or enlightenment, and as path it shows us the multifaceted methods that lead to this goal.

In four chapters we learn about how to attain inner freedom, what our daily spiritual practices could be, the inner exercises in concentration and meditation that will effect the transformation of our consciousness, and how we can ultimately learn to let go of all of that in order to be truly free.

Non-dogmatic and without any moralistic or religious provisions, the Yoga Sutra shows us the path to liberation from the bonds of ego consciousness.