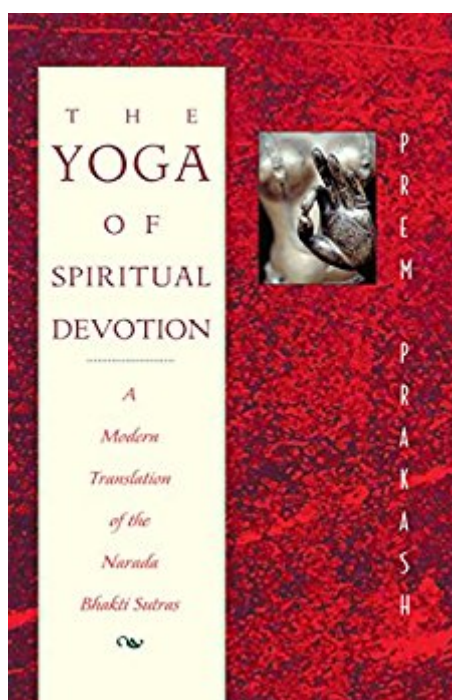


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# The Yoga Of Spiritual Devotion: A Modern Translation Of The Narada Bhakti Sutras



## Synopsis

• The first translation of this great but little-known path of spiritual devotion written for the modern Western audience. • An insightful commentary aimed at making the path of love immediately accessible to Westerners. • A life-affirming and relationship-positive path of yoga. • Written in the spirit of the kirtans (ecstatic songs and dances) of Narada, sensitively translated by Prem Prakash. Bhakti Yoga, the path of devotion, is considered one of the primary paths for spiritual realization in yogic tradition. Its representative, Narada, is the embodiment of the enlightened sage who travels the universe spreading his sacred teachings. Unlike Jnana Yoga, the Yoga of Wisdom, the bhakti acolyte does not discriminate against material phenomena--for him, all phenomena are aspects of God. Within the context of Ananda, blissful love, the temporal is realized as the reflection of the eternal, and the soul is realized as the expression of God.

## Book Information

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## Customer Reviews

American Yogi Prem Prakash has done a great service by providing a modern translation and accessible commentary for readers interested in learning about and/or following the path of yoga. Regarding bhakti yoga, that is, the yoga of spiritual devotion, Prem Prakash says in his Introduction,

“By making love his polestar, the bhakti yogi follows its light along the path of life until the soul realizes it is one with that light. Here are a few notes I have made in my multiple readings of this beautiful book: The sweetness of devotion fills the yogi and the yogi becomes intoxicated with bliss. Take care of the body so it supports spiritual practice. Hold intention to always be attuned to the divine. Be sweet and soft and sensitive. According to Narada, bhakti or spiritual devotion is its own fruit. The yogi feels joy and gratitude on feeling the love from the divine within. Want liberation? All you need is bhakti. All you need is love. Sing and listen to the qualities of the divine kirtan and satsung and drumming and celebrate everything and everyone being worthy of love. Be a sun and generate light. Be free from the bondage of orthodox doctrine, tradition, and social and religious teachings the divine is direct and spontaneous, not mediated through anyone or anybody. Be a love-infused yogi. Peace and joy are experienced every step of the way in the path of bhakti yoga if this is not one’s experience than something has gone wrong. The eternal divine relationship must be present in the yogi at every moment if the practice is truly authentic. One need not be perfect as long as motivation is pure. Every striving, no matter how small, counts. The bhakti yogi exerts a subtle influence on all whom he or she comes into contact. Among bhakti yogis there is no prejudice. Worldly status means nothing. Live in a simple, orderly and comfortable way. Whatever form the divine takes to inspire the yogi to devotion god, goddess, light, whatever is the proper form.

This is an outstanding, under-appreciated little yoga book: a translation of the classic Narada Bhakti Sutras mixed with insightful commentary from the author. Unfortunately, there isn’t much good current bhakti literature--and that makes this inspiring and enlightening text stand out even more. I am a spiritual teacher and author, and I think so highly of this book, I put it in the Highly Recommended category in the Spiritual List at the back of all my books. The other devotional yoga book I recommend for my students is The Essential Swami Ramdas, an anthology of the writings of Swami Ramdas, a great twentieth-century Hindu bhakti (or devotional) yogi who attained Self-realization by ceaselessly repeating the mantra Om Sri Ram, Jai Ram, Jai Jai Ram (which means, "God who is at once Truth and Power, victory to Thee, victory, victory to Thee"). With these two books inspiring you, your devotional practice is sure to move up a level.

Out of 4 paths of yoga I was naturally drawn to Bhakti, this book is a great introduction to beginners to advance yogi’s learning more about Bhakti. As a yogi and seeking spiritual guidance...this book

has given me a renewed sense of life and purpose. I literally found myself with tears of joy in various parts of this book. So many of the verses and translations were exactly some of the many things I've felt or experienced. It was truly an re-awakening for me.

I bought this book a few years ago and, quite frankly, it was the beginning of the most profound, revolutionary change in my life. It brought home, or I should say, brought to life my understanding of Devotion, which I now practice every day. It has changed me. It has brought joy into my life. I read passages from the book every day and it continues to deepen my experience and practice. It has inspired me to seek out other translations of the Narada Bhakit Sutra, but for me, this one is the best. Highly recommended.

Bhakti sutras are a sheer delight to read and re-read many times again, until their truth become deeply impressed upon one's being. As the verses and the commentary in this book say "The nature of spiritual devotion is the supreme love. And its essence is the nectar of immortality. Supreme love is the love of God. The love of God is the only love that exists. All expressions of love are manifestations of this supreme love." "With a realization of spiritual devotion, one becomes spiritually intoxicated; one becomes overwhelmed, one comes to rejoice in the Self." "When one is single-hearted, one relinquishes seeking security in anything other than God." "Spiritual devotion is superior even to the paths of service, wisdom, and traditional yoga." The sutras and their interpretation explain what is spiritual devotion, how is it different from other yoga disciplines, what should an aspirant do and what he shouldn't do in order to successfully surmount obstacles on the path. "Who crosses, who crosses the ocean of the Great Illusion? One who becomes ego free, who serves the great souls, and who relinquishes attachment to others... Renouncing even the scriptures, a complete, unceasing, intense longing for God is obtained. He crosses, he crosses, and he helps all the world to cross." "Love manifests itself where there is an able vessel. ... Achieving that experience one sees only love, hears only love, speaks only of love, and thinks of love alone." "Through sincere veneration, God swiftly becomes manifest in the awareness of devotees." "Whoso fully believes and has faith in these divinely auspicious teachings decreed by Narada becomes endowed with spiritual devotion. That one obtains the Dearest Beloved."

I read this book a few years ago for the first time and it changed the course of my life. What else can I say? I had been steeped in studying spirituality from many angles up to that point. This book opened my heart. I cannot speak highly enough.

Great!

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