



# Yoga, Power, and Spirit: Patanjali the Shaman

*Alberto Villoldo*

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## **Yoga, Power, and Spirit: Patanjali the Shaman** Alberto Villoldo

The Yoga Sutra of Patanjali is the classic text on the spiritual practice of yoga. Written more than 2,000 years ago, this work is a map to the fast track to enlightenment. They derive from an ancient oral tradition, when Devi, the Divine feminine, was worshiped. Yet, today, the Yoga Sutra is taught by priests and scholars from a masculine Hindu tradition that obscures the simple wisdom in it. Yoga, Power, and Spirit shows us that the Sutra is pre-Hindu, and that the power of Devi and enlightenment are available to us at all times, without guru, temple, or decades of study.



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