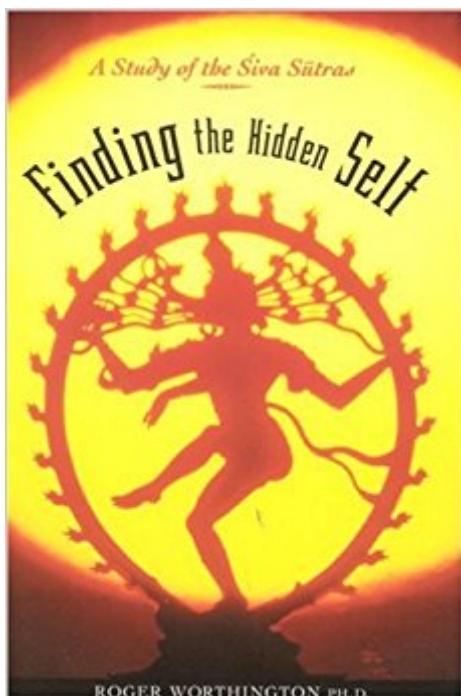


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# Finding The Hidden Self: A Study Of The Siva Sutras



## **Synopsis**

An exploration of the Siva Sutras which describe the creative principle behind the universe and how it manifests to human consciousness.

## **Book Information**

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## **Customer Reviews**

Roger Worthington, Ph.D. has studied Eastern philosophy for nearly thirty years and specializes in classical Indian philosophy, in particular the philosophy of yoga. He has a Master's degree from Keele University in England and a doctorate in philosophy from the State University of New York at Buffalo.

Lovely book. I read a passage each day in the morning to start the day.

This book is filled with some really great mantras. I incorporate them into my meditation and love it! My only complaint is that I felt the book did a poor job showing the English pronunciations. I do not know Sanskrit so I ended up having to spend a great deal of time trying to find better pronunciations for the mantras online.

When I first searched .com for books on the Shiva Sutras, this one did not show up in the results. But this slim volume has much to offer on the subject. Other books on the Shiva Sutras run into hundreds of pages, which are mostly commentary, since the 78 sutras themselves can be presented on four or five pages. The commentaries contained herein are insightful and concise.

Scholars may benefit from works containing more extensive commentaries, but those who wish to use the sutras as a meditative practice will find this book well-suited to that end. A helpful Sanskrit spelling and pronunciation guide is included, and the sutras are printed in easy-to-read type, both in Devanagari and transliterated Sanskrit, with an English translation and brief commentary. Roger Worthington's work is a fine introduction to the Shiva Sutras, and any student of yoga and meditation would greatly benefit from its study.

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