



Light on Life: The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom

By B.K.S. Iyengar, John J. Evans, Douglas Abrams

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B.K.S. Iyengar is hailed as "the Michelangelo of yoga" (BBC) and considered by many to be the most important living yoga master. He has spent much of his life introducing the modern world to the ancient practice of yoga. Yoga's popularity is soaring, but its widespread acceptance as an exercise for physical fitness and the recognition of its health benefits have not been matched by an understanding of the emotional, intellectual, and spiritual development that the yogic tradition can also offer. In *Light on Life*, B.K.S. Iyengar brings readers this new and more complete understanding of the yogic journey. Written with the depth of this sage's great wisdom, *Light on Life* is the culmination of a master's spiritual genius, a treasured companion to his seminal *Light on Yoga*.

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Editorial Review

Amazon.com Review

If this book is to lay any claim to authenticity, it must make one point clear above all others. It is this: By persistent and sustained practice, anyone and everyone can make the yoga journey and reach the goal of illumination and freedom. Krishna, Buddha, and Jesus lie in the hearts of all. They are not film stars, mere idols of adulation. They are great inspirational figures whose example is there to be followed. They act as our role models today. Just as they reached Self-Realization, so may we.

Many of you may worry that you are unable to meet the challenges that lie ahead. I want to assure you that you can. I am a man who started from nowhere; I was heavily disadvantaged in many ways. After much time and effort, I began to reach somewhere. I literally emerged from darkness to light, from mortal sickness to health, from crude ignorance to immersion in the ocean of knowledge by one means alone, namely by zealous persistence in the art and science of yoga practice (*sadhana*). What held good for me will hold good for you too. Today you also have the benefit of many gifted yoga teachers.

When I began yoga, there was, I am sorry to say, no wise, kind teacher to lead me. In fact my own Guru refused to answer any of my innocent inquiries on yoga. He did not instruct me as I do my students, offering them step-by-step guidance in an *asana*. He would simply demand a posture and leave it to me or his other students to figure out how it could be realized. Perhaps that stimulated some stubborn aspect of my nature, which allied to unshakable faith in the subject of yoga made me burn to go on. I am ardent and passionate, and maybe I needed to show the world that I was not worthless. But far more than that, I wanted to find out who I was. I wanted to understand this mysterious and marvelous "yoga," which could reveal to us our innermost secrets, as equally as it revealed those of the universe around us and our place in it as joyful, suffering, puzzled human beings.

From Publishers Weekly

Master yogi Iyengar offers what may turn out to be his last written words on the discipline that he helped popularize with *Light on Yoga*. Published in 1966, that first book became yoga's "bible" and set the standard for yoga books, providing pictures and instructions. The 86-year-old teacher here expounds the philosophy of yoga—its metaphysics, of which yoga poses, or *asanas*, represent the physical component. Iyengar yoga is vigorous because it involves the body, mind and spirit, and the master explains those interrelationships clearly. Chapters elaborate on aspects of yoga—the physical, energetic, mental, intellectual and divine, showing the architecture of the comprehensive system of spiritual teachings that lead to *samadhi*, the state of blissful absorption. Yoga is about health and purity, flexibility and divinity. While this book underlines the intellectual aspect of yoga, it is insufficient for a new yoga student, no substitute for yoga *sadhana*, practice that requires and integrates body and mind. Not the book with which to begin the yoga journey, it is highly recommended for those advanced on the path and interested in learning from a master of flexibility and wisdom. (*Oct.*)

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Review

"*Light on Life* offers revelations from a lifetime of studying yoga." ?*The Washington Post*

"*Light on Life* is . . . a rumination on the metaphysics of yoga and the mystery of being alive." ?*The*

Baltimore Sun

“Like his other books, *Light on Life* is rich in yoga philosophy and methodology. But unlike his previous writings, this new book is full of autobiographical anecdotes. . . . [A] formidable will percolates through *Light on Life*.” *The New York Times*

“Rather than present the yoga postures as he did in *Light on Yoga*, Mr. Iyengar reveals in *Light on Life* the ‘heart of yoga’ that he personally discovered through more than 70 years of disciplined, daily practice . . . [including] the precise ways that yoga can transform our lives and help us live in harmony with the world around us.” *Yoga Journal*

Users Review

From reader reviews:

Marcy Ontiveros:

Now a day individuals who Living in the era where everything reachable by interact with the internet and the resources inside can be true or not need people to be aware of each information they get. How people have to be smart in having any information nowadays? Of course the reply is reading a book. Reading a book can help persons out of this uncertainty Information mainly this *Light on Life: The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom* book as this book offers you rich data and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you probably know this.

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