

**Yoga Dharshan
of
Maharishi Pathanjali**
(A critical commentary)

By Ramachandra Raju Kalidindi



Adha yoganushasanam || 1 ||

'Adha' At this very moment, 'yoganushasanam' follow the path of Yoga. What does this mean? It says that one has to live in the present, just as an integral part of the Universe. It emphasizes the truth that one has to live in the present, which is only true. The past is a memory and the future is an expectation, how can one live there? To live in the present is Yoga in essence.

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