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— Brahma sutra 4.4.1 - 4.4.4, The liberated soul, asserts the Brahma-sutra, is of the nature of Brahman, with inner power and knowledge, free from evil, free from grief, free from

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suffering, one of bliss and "for such there is freedom in all worlds".

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Yoga Sutras, Chapter Four–Kaivalya: On Absolute Freedom

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Content of Yoga Sutras. Chapter III clarifies the last two limbs of Yoga path as being dhyana ('meditation') and samadhi ('awareness') and introduces the notion of samyama in sutra 4 as being the simultaneous practice of the last three Yoga limbs i.e. dharana, dhyana and samadhi.

4 Chapters Of Freedom Yoga

Four Chapters on Freedom contains the full Sanskrit text of Rishi Patanjali's Yoga Sutras as well as transliteration, translation and an extensive commentary. The Yoga Sutras, containing 196 epithets or threads of Yoga, is the most respected treatise on Yoga.

Four Chapters on Freedom - Yoga Mala

The 4 Paths of Yoga. Yoga (the union of body, mind, soul, and spirit) is rediscovering who we are and returning to a life of joy, bliss, and freedom. Vedanta, recognizing that we each have different personalities and preferences, offers us four Paths of Yoga, or sets of spiritual practices, to help us reach this goal. In life we can act...

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The third chapter described the last three limbs of yoga and the powers that can be attained. The fourth chapter outlines the movement of consciousness from I-ness, the “ me ” of ego, or the little self, to the full experience of Self-Realization in freedom. Patanjali begins the chapter by outlining the five indirect means of attaining kaivalya, or liberation: 1) an exalted birth, 2) magical herbs, 3) mantras, 4) intense spiritual practice and 5) absorption into Spirit.

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Chapter 4 of the Yoga Sutras: Absolute Freedom (Kaivalya Pada) Means of attaining experience (Yoga Sutras 4.1-4.3)

4.1 The subtler attainments come with birth or are attained through herbs, mantra, austerities or concentration.

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