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

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Kevalakumbhaka, Amana yoga, Ajapagayatri, ... 9.Four chapters on Freedom (commentary on the Yoga sutras of Patanjali), Swami Satyananda (1983), Bihar School of Yoga ... Yogaxaddict - Smich, relaxace, strizlivost.

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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

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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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