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Secret Yoga Club 2: Anchored in the Sutras, Quantum Physics, and Samadhi (Second in a series of three books)

Robert Crolene

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Ron Adams, growing up in Tucson, going to school, off to college, tragedy, deaths, incarceration, prison gangs, mandatory release, High Sierra, marriage and family, mountains and earthquakes: what is a yogi supposed to do?

Simple. Follow the Yoga Sutras and remember Patanjali's words: "These Great Vows are universal, not limited by class, place, time, or circumstance."

Welcome to the Secret Yoga Club, a series of three books exploring the Yoga Suturas of Patanjali through real-world adventures. The sutras, 196 concise thoughts based on thousands of years of study, are mostly psychological, a map of consciousness, the landscape from here to *samadhi*.

Many learned commentators see them as eloquent and methodical, and some consider Patanjali the Einstein of sages. His sutras show a fractal structure, growing upon itself from a seed to the universe.

But what would a child think? Suppose the first sutra, "Now the practice of yoga" is give to Ron as a two-year-old. And suppose this practice is carried forth through adulthood, one or more sutras at a time? How would it influence life regarding love, family, friends, struggle, and success?

Doctors Melvin and Evangeline Adams brought the sutras to the education of their only child, starting at the time he learned to talk.

The journey is documented here, all in first person as it occurred.

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