



Meditation, Mind & Patanjali's Yoga: A Practical Guide to Spiritual Growth for Everyone

Swami Bhaskarananda

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A comprehensive yet utterly engaging book on meditation, Yoga and other spiritual practices, with special reference to Patanjali. The book discusses in depth finding a genuine spiritual teacher, meditation techniques, Japa, over-coming spiritual obstacles, Yoga, Samkhya philosophy, stages of spiritual growth, levels of illumination, and how to remove stress.

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