



Meditation and its Practice

Swami Rama

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In this practical guide to inner life, Swami Rama-one of the most advanced yoga masters to visit the West-teaches us how to slip beyond the mental turbulence of our ordinary thought processes into an infinite reservoir of consciousness from which we can draw guidance, creative power, joy and tranquility. The techniques presented here have been used by the sages of India from time immemorial to live in harmony with the world around them, to find strength to face life's difficulties and to know them.

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