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Have you ever noticed that, for the mind, questions never cease? Fortunately, this second volume in the ' JUST LOVE: Questions & Answers ' series contains 200 answers to questions posed to Paramahansa Sri Swami Vishwananda between 2010 and 2013. His answers here cover a wide variety of topics, but most of all, He describes how to handle the mind. Paramahansa Vishwananda says that, on the spiritual path, the mind can either be our best friend or our worst enemy. That ' s why this book focuses particularly on how to overcome the obstacles that the mind places between us and the goal of Life itself: Unconditional Divine Love. This is the only kind of love that will truly fulfill us, and Guruji ' s wisdom, recommendations, and spiritual

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practices all help us to transcend the limits the mind imposes.

The Shreemad Bhagavad Gita is one of the most ancient scriptures in the world. Of all the scriptures, it is said that Gita provides the deepest and most practical knowledge about faith, devotion, surrender, detachment, and a release of expectations and ownership over one ' s own actions. But like any teaching, time and unqualified minds can distort scriptures like this and misrepresent what is contained within. It is for that purpose that the Lord continuously takes birth on earth in the form of the Guru to revive the true essence of the Gita and to demonstrate the simplicity and power of the divine

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message of the Lord. One such Master is Paramahansa Sri Swami Vishwananda, and this book is his personal commentary on this timeless knowledge. Included here are over 900 pages of verses, translations, drawings for every chapter, and Paramahansa Vishwananda's extensive commentary. Perfect for the beginner as well as those who have read other commentaries, this is more than just a book. It is a guiding light that can be applied to every day, to every thought, and to every moment.

Swara Yoga is the ancient science of pranic body rhythms which explains how the movement of prana can be controlled by manipulation of the breath. Recently, modern science has taken great interest in

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electromagnetic fields and the behaviour of bioenergy, which is the inherent energy principle of the body. With exciting development accelerating in such areas as bioenergetics, psychotronics and kirlian photography, the science of swara yoga is now in great demand.

Since 1960, more than 1 million people have used this classic guide to tap the incredible power of yoga. The attractive new edition, in a new size, will appeal to a wide audience of contemporary yoga students.

The Little Soul and the Sun is a simple and powerful story that brings children a very profound truth: there is not absolute good or bad--that underneath all that happens in the world, all that we call "good" and all

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that we call "bad," is love. Your child will discover a God that she or he can love, because God is love, as are all the Little Souls who are a part of God. And perhaps parents, too, will rediscover who they really are.

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