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Preface This volume is intended to dispel the cloud of confusion that has accumulated around the subject of meditation. Those who are looking for secret short-cuts, novel innovations, exciting new trends and fads in the area of self-development may be disappointed. The methods presented here stem from the classic four paths of Raja Yoga, Karma Yoga, Jnana Yoga and Bhakti Yoga.

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Swami Vishnudevananda was a Karma Yogi and a peace activist who flew on several peace missions over places of conflict, bombarding wartorn areas with flowers and pamphlets while repeating the peace Mantra: Om Namó Narayanaya. He created the Om Namó Narayanaya bank in the Himalayas, hoping to bring positive vibrations to the whole world.

Meditation and Mantras: Swami Vishnu Devananda ...

The title is a bit misleading, for this is definitely not a meditation manual. He talks about concentration, yet with only one exercise or two and no gradual plan. --By Adrian S. on April 8, 2006 As the title suggest, this text is an excellent introduction to meditation, mantras, and yoga sutras.

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The need for meditation, thus, is more acute. Meditation calms the mind, brings focus and enhances the senses, resulting in a better quality of life and work. And with the right Mantras, meditation becomes a highly effective tool in unleashing the immense potential within oneself.

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Gajananam is a direct disciple of Swami Vishnu-devananda Ji. He has been practicing and teaching yoga and meditation for over 3 decades and has been studying Vedanta in a traditional manner at Arsha Vidya since 2013. Gajananam holds yoga and Vedanta classes in Fremont, CA, where he offers seekers guidance on the path of self-inquiry.

Vishnu-devananda Yoga Vedanta Center, Sivananda Tradition

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Vishnudevananda Saraswati was a disciple of Sivananda Saraswati, and founder of the International Sivananda Yoga Vedanta Centres and Ashrams. He established the Sivananda Yoga Teachers' Training Course, one of the first yoga teacher training programs in the West. His books The Complete Illustrated Book of Yoga and Meditation and Mantras established him as an authority on Hatha and Raja yoga. Vishnudevananda was a tireless peace activist who rode in several "peace flights" over places of conflict

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