



Daily Readings

By Swami Sivananda

The Divine Life Society 0. Softcover. Book Condition: New. 14 x 21 cm. His Holiness Sri Swami Sivanandaji Maharaj did not write text books as such. The books he wrote were the outpourings of wisdom from his own direct realisation of Truth. From his books you will derive not only the benefit of his wisdom and knowledge of both practical and esoteric matters pertaining to Yoga, but also the power of his spiritual force. Sri Swami Sivanandaji had a unique style—simple, direct and compelling. His books are not dull treatises on Yoga and philosophy, rather his enthusiasm and eagerness to help all is evident in every page, lifting the reader to new heights of understanding. A good, holy thought to start the day with, is more precious than all the wealth you can acquire and all the happiness that you can enjoy during the day. These divine thoughts will, if meditated upon in the early morning hours of everyday, enrich your daily life in every way. They are illuminating and are assigned the functions of shaping the spiritual development of the readers. Foreword Part I : Spiritual DYNAMICS IN THE WORLD OF MIND : Chap. 1 : Mind : Its Tendencies and its Transcendence Chap. 2 : The Science and Psychology...



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