



Divine Light: Yoga Systems with Their Secret Techniques

By S.K. Das

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2008. Softcover. Book Condition: New. This book deals with the art of living and science of Yoga. It will help and guide in daily life, in every sphere of action and in improvement of human relationship, irrespective of one's belief and profession. Divine Light offers practical guidance to spiritually inclined readers. It includes many easy and practical sadhanas for the aspirants who desire to follow the Divine Path while working and living in the world-the sadhanas picked up by the author by sitting at the feet of saints and seers like Bhagavan Raman Maharshi, Swami Sivananda Saraswati, Maharshi Mahesh Yogi and many others. The book is intended for thoughtful study and practice. The purpose is to create an interest and inspiration towards divinity. This is total integration of thought and action without which life is unreal and meaningless. Printed Pages: 204.



Reviews

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