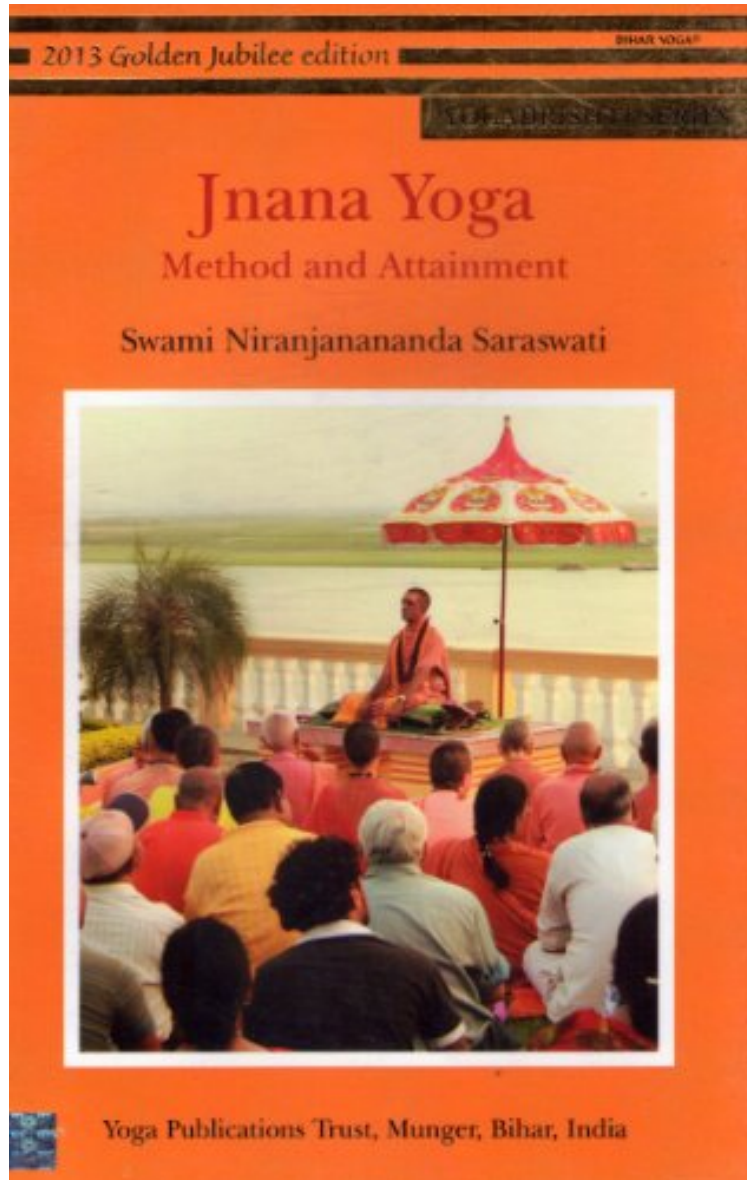


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1 of 1 people found the following review helpful. great book, includes short stories to illustrate the pointsBy MagyarExcellent for those interested in Yoga (as a philosophy). Includes lots of color photos of Swamiji. To get a taste of the content I highly recommend viewing a few of his lectures on youtube.

"The method of understanding the process of jnana yoga has to be understood properly. Is jnana only questioning? No. It is enlarging the scope of perception. It is not enquiry. It is like working with an adjustable torchlight. You can twist its head to bring the light to a narrow point or enlarge its perimeter. Providing a new perspective on the classical components of jnana yoga, Swamiji renders this complicated subject accessible. He outlines the step-by-step training necessary to attain the aims of jnana yoga and describes how the profound statements of the Vedas, the mahavakyas, unfold naturally in the process. The discourses shine with spiritual inspiration and practical guidance in the method of applying intelligence and developing true wisdom in life.