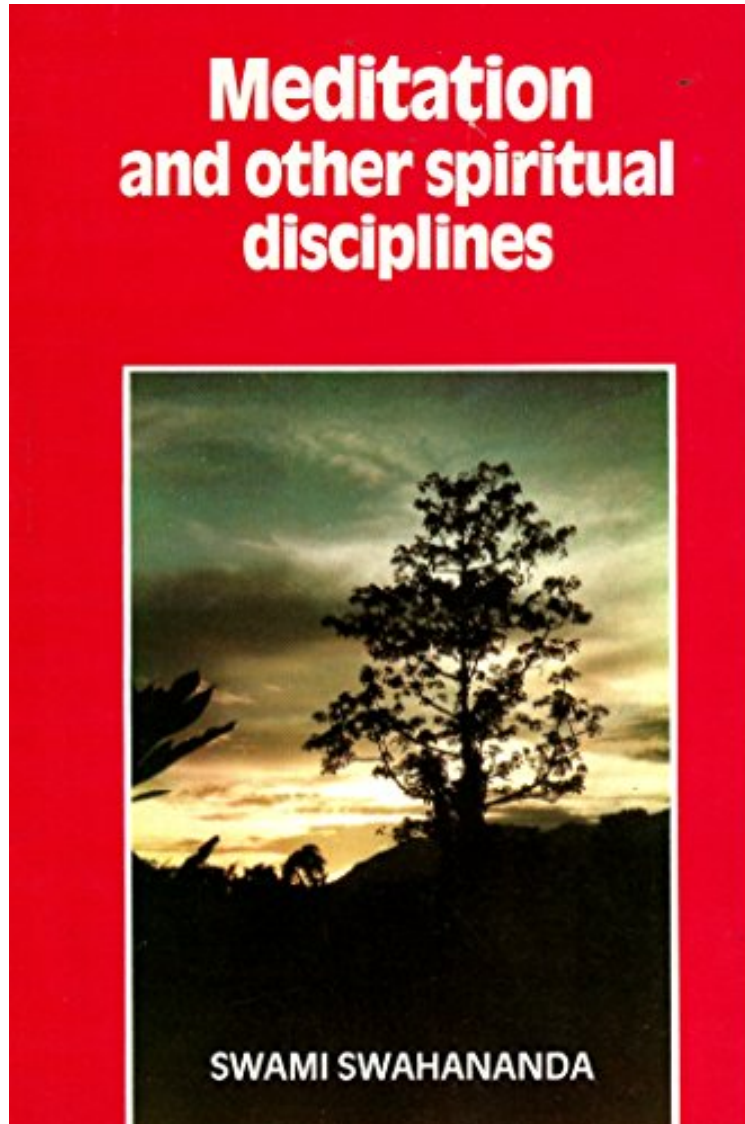


Meditation and Other Spiritual Disciplines

Swami Swahananda

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Swami Swahananda : Meditation and Other Spiritual Disciplines before purchasing it in order to gage whether or not it would be worth my time, and all praised Meditation and Other Spiritual Disciplines:

1 of 1 people found the following review helpful. Divine KnowledgeBy ubaluHere is a thorough book on spiritual wisdom, written in easy English to make it accessible to the general public with spiritual inclinations. The Swami covers way more than meditation- the disciplines of chanting, prayer, rituals, image-worship, self-effort to learn more are all explained well. He also provides a short course each on the spiritual disciplines of sages like Adi Sankara, Ramanuja, and so on. The most important chapter may be the `Nine Means of Devotion', where he quotes the well-

known sloka from Bhagavata (VII.5.18). This sloka teaches the nine aspects of bhakti. This book must be read and re-read, because each time, the reader finds something new. Such is the power of spiritual wisdom.

This is a collection of essays on spiritual disciplines according to the different Archaryas of various Indian philosophical schools. Included are articles on specific spiritual practices such as meditation, repetition of the holy name (Japa), prayer, etc. Teachers discussed include: Sri Shankara, Sri Ramanuja, Sri Madhva, Sri Nimbarka, Sri Vallabha, Sri Chaitanya and Sri Shrikantha. A short chapter on the scriptures (the Upanishads and the Bhagavad Gita) concludes the book. A comparative knowledge of the various disciplines envisaged in these teachings is sure to benefit the serious student.

About the Author Swami Swahananda was the editor of The Vedanta Kesari (the journal of the Ramakrishna Order) from 1956-1961. He served as head Swami of the Vedanta Society of Southern California, in Hollywood, from 1976 until his death in 2012.