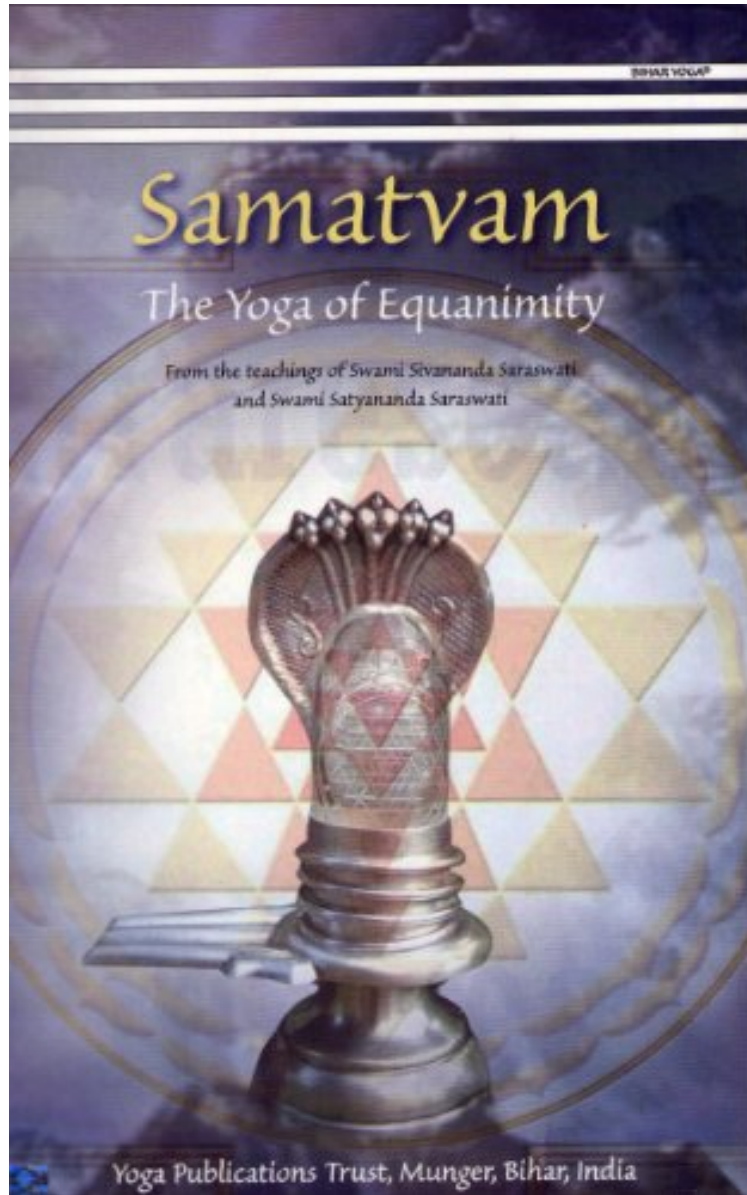


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ReaderSamatva is derived from the Sanskrit "sama," meaning "equality, balance, equipoise," and Samatva is the quality of this balance in life, inner and outer, and in one's tranquility of mind. It is the final stage in dissolution where the gunas, the material forces running the world, are finally at peace and in balance. This small volume presents the teachings of Swami Sivananda Saraswati and Swami Satyananda Saraswati, from the Bihar School of Yoga. Both Swamajis rely on the teachings of the Bhagavad Gita, and present clear, concise, yet practical methods of attaining samatva, the obstacles towards achieving samatva, and how samatva can be sustained. Their approaches differ. Swami Sivananda relies more heavily on the Gita, while Swami Satyananda, while mentioning the Gita, favors the approach taught by Patanjali in the Yoga Sutras. Sivananda also emphasizes discrimination and non-attachment as the means to achieving samatva. These differences are slight and in the end irrelevant, because the goal remains the same: achieving poise and tranquility of mind and spirit to attain the ultimate union with God and liberation. If is a practical guide which can and should be used and practiced daily. 4 of 6 people found the following review helpful. Bihar School of Yoga By James Ruttler This book is great for anyone serious about the practice of Yoga. Good for both beginner and the advanced practitioner. 3 of 3 people found the following review helpful. Very inspirational and helpful! By GSingh This book to me is the hallmark of yoga. Very very very inspirational and very very helpful! I feel so thankful that the two great masters Swami Sivanand ji and Swami Satyanand ji left legacy of these priceless books.

Samatvam, the yoga of equanimity, means being able to keep the mind steady and balanced in every condition of life. It is the ability to be forever serene, contented, calm and peaceful. These teachings have been compiled from the wisdom of two modern day yogis, Swami Sivananda Saraswati and Swami Satyananda Saraswati. Together with scriptural references and inspiring satsangs, the reader is offered the essential yogic techniques to acquire the divine qualities of samatvam: freedom from mental distractions and dissipation, the ability to remain cheerful in adverse conditions and realization of the ultimate state of peace existing within and around everyone.