

# Meditation And Its Practice Swami Rama

## Embark on a Magical Journey with Swami Rama's "Meditation and Its Practice"

Alright, fellow bookworms and soul-searchers! Gather 'round, because I've just returned from a journey so profound, so utterly delightful, that I'm practically bursting to tell you all about it. We're talking about Swami Rama's "Meditation and Its Practice," and let me tell you, this isn't your grandma's dusty old meditation manual. Oh no, this book is a vibrant, pulsating invitation to a world you never knew you were missing!

Imagine this: you're not just reading words on a page; you're stepping into a realm where ancient wisdom dances with practical guidance, all delivered with a wink and a knowing smile. Swami Rama has this incredible knack for painting vivid pictures with his prose. You'll find yourself transported to serene Himalayan landscapes, feeling the crisp mountain air, and experiencing the profound stillness that yoga masters have sought for centuries. It's like a mental vacation that leaves you feeling refreshed and, dare I say, a little bit enchanted!

What truly sets this book apart is its incredible emotional depth. It's not just about *\*how\** to meditate; it's about *\*why\**. Swami Rama delves into the very core of human experience, touching on our hopes, our fears, and our deepest desires with such tenderness and understanding. He makes you feel seen, understood, and incredibly hopeful. It's the kind of read that makes you sigh contentedly and maybe even shed a happy tear or two. Seriously, my emotional baggage felt lighter after just a few chapters!

And the best part? This book is for *\*everyone\**. I mean, seriously, if you can read, you can benefit from this gem. Whether you're a seasoned yogi, a curious beginner, or just someone who suspects there's more to life than Netflix binges (though, let's be honest, those are important too!), "Meditation and Its Practice" has something magical for you. It's funny how something so profound can be so utterly accessible. Swami Rama doesn't bog you down with jargon; he speaks directly to your soul with clarity and a dash of playful humor. You'll find yourself

chuckling along as you absorb wisdom that can truly transform your life.

## Why You Absolutely Need This Book in Your Life:

**Imaginative Setting:** Prepare to be whisked away to breathtaking spiritual landscapes that will ignite your wanderlust for inner peace.

**Emotional Depth:** Connect with your deepest self as Swami Rama guides you through the human heart with compassion and insight.

**Universal Appeal:** Whether you're 18 or 80, a skeptic or a believer, this book speaks to the universal longing for contentment and purpose.

**Humorous and Engaging Tone:** Say goodbye to dry lectures! Swami Rama's writing is so captivating and relatable, you'll forget you're learning.

**Practical Guidance:** Learn actionable techniques that you can weave into your daily life, no matter how chaotic it may be.

I can honestly say that "Meditation and Its Practice" isn't just a book; it's a companion. It's the kind of book that stays with you, whispering gentle reminders and offering profound comfort long after you've turned the last page. It's a timeless classic, a treasure chest of wisdom waiting to be discovered (or rediscovered!).

So, my dear friends, if you're looking for a book that will not only expand your mind but also fill your heart with joy and a sense of boundless possibility, then do yourself a favor and pick up "Meditation and Its Practice" by Swami Rama. You won't just read it; you'll *\*experience\** it. It's a magical journey that continues to capture hearts worldwide, and trust me, it's guaranteed to capture yours too. This is a book that transcends trends and speaks to the enduring human spirit. Don't miss out on this extraordinary experience!

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Meditation and Its Practice  
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Antony R. H. Copley*

sri ramakrishna's message was fundamentally a spiritual message to a world steeped in materialism and who could be better equipped to interpret that message than his direct disciples who had been moulded by that great master into his own mould this book comprises of articles by these great disciples of sri ramakrishna bringing out the true significance of religion and its practice all those who truly thirst after religion and god will find in this book clear insights into spiritual life and practices published by advaita ashrama a publication house of ramakrishna math belur math india

this practical guide teaches us how to slip beyond the mental turbulence of our ordinary thought processes into an infinite reservoir of consciousness from which we can draw guidance creative power joy and tranquility cover back

the book highlights the fact that yoga is an art that has been practiced by rishis since ancient times it consists of ancient theories observations and principles about the mind and body connection if it is given the proper directions and brought to the proper environment it can find harmony and heal itself which modern therapy has now proven the roots of yoga originate from our conscience that heals our body mind and soul yoga is so be defined as the food of the soul the food we consume by our body for our daily work but the soul is the yoga that involves breathing asanas meditation and several kriyas conscience is the moral rationality of the soul yoga is an action derived from our conscience this book covers comprehensive and exhaustive research on a large number of yoga subjects in depth relating to the current scenario co relating its existence and re evolution from past principles and values thus summarising us to the fact that

the roots of yoga are inherited in our conscience the roots should grow into a huge tree that is fruitful for us about the author sanjeev thakur 1977 born in jabalpur madhya pradesh india grew up in dehradun associated with laxmi devi lalit kala academy kanpur and worked with times of india a yogic poet writer fond of music and the author of yoga conscience an eternal light within us i believe yoga a way of life an art that can be perfectly attained on regular practice and devotion although this book primary covers topics related to yoga and its benefits but i should quote the following lines of swami vivekananda that always inspired me purity patience perseverance and above all love are the three essentials to success great occasions rouse even the lowest of human beings to some kind of greatness but he alone is the great whose character is great always remember yoga is an ongoing journey of regular internal and external growth to heal body mind and soul for the betterment of human beings

integrating traditional healing practices into counseling and psychotherapy critically examines ethnic minority cultural and traditional healing in relation to counseling and psychotherapy authors roy moodley and william west highlight the challenges and changes in the field of multicultural counseling and psychotherapy by integrating current issues of traditional healing with contemporary practice the book uniquely presents a range of accounts of the dilemmas and issues facing students professional counselors psychotherapists social workers researchers and others who use multicultural counseling or transcultural psychotherapy as part of their professional practice

within most pre modern indian traditions of yoga the role of the guru is absolutely central indeed it was often understood that yoga would simply not work without the grace of the guru the modern period saw the dawn of new democratic scientific modes of yoga practice and teaching while teachings and gurus have always adapted to the times and circumstances the sheer pace of cultural change ushered in by modernity has led to some unprecedented innovations in the way gurus present themselves and their teachings and the way they are received by their students gurus of modern yoga explores the contributions of individual gurus to the formation of the practices and discourses of yoga today the focus is not limited to india but also extends to the teachings of yoga gurus in the modern transnational world and within the hindu diaspora each section deals with a different aspect of the guru within modern yoga included are extensive considerations of the transnational tantric guru the teachings of modern yoga s best known guru t Krishnamacharya and those of his principal disciples the place of technology business and politics in the work of global yoga gurus and the role of science and medicine as a whole the book represents an extensive and diverse picture of the place of the guru both past

and present in contemporary yoga practice

this collection looks at the new religious reform movements that swept India in the late nineteenth and early twentieth centuries. One general essay on religious leadership provides a context for others on Brahmo Samaj, the Ramakrishna Mission, the Arya Samaj, the Ahmadiyya movement, and the Theosophical Society.

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## **FAQs**

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