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## Dhyanasvarupam

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Text and commentary by Swami Tejomayananda... In this text, the essence of meditation is presented but the techniques of meditation are not elaborated. Once a seeker understands the principles well enough, he can develop the techniques by himself.

The world is a strange combination of opposites, the Yin and Yang, the positive and the negative. Some are objective and common to all, like birth and death, success and failure. Some are purely subjective like joy and sorrow, and love and hate. In this duality-ridden world, we earn to spend and enjoy, and again earn to spend and enjoy. We are indeed caught up in these dualities and pairs of opposites. Nirdvandva Sukham teaches us how to free ourselves from their clutches, rise above them and attain "Happiness Beyond Duality." Swami Tejomayanandaji's

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composition and commentary makes it easy to believe that we too, as we live amongst opposites, can remain unaffected by them, and happy in our own nature.

What is the Bhagavad-Gita? Is it just a religious text? When was it composed? How relevant is it to the modern world? This book answers these foundational questions and more. It critically examines the Bhagavad-Gita in terms of its liberal, humanist and inclusive appeal, bringing out its significance for both present times and novel applications. The author elaborates the philosophy underlying the text as well as its ethical and spiritual implications. He also responds to criticisms that have been levelled against the text by Ambedkar, D. D. Kosambi and, more recently, Amartya Sen. With additional material including chapter summaries of the Bhagavad-Gita, the

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second edition of the volume proposes new ways of utilising the text in diverse fields, such as business and management and scientific research. Eclectic and accessible, this work will be of interest to scholars of philosophy, religion, history, business and management studies, as well as the general reader.

Man initially needs to purify his mind (manahshodhanam). a mind free from likes and dislike alone is capable of grasping the essence of self knowledge (jnanasaara) knowledge takes deep root by practice of meditation (dhyanaswarupam) the spiritual practice in the gain of the nectar of devotion . the last is commentary upon in the following pages.

“ We live in the outer world but prompted from our own within. Unless we master our inner lives, the outer scheme of life,

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however efficient and perfect, cannot but bring sorrow and unhappiness, “ says the author.

Shrimad Bhagavat is renowned as one of the greatest compositions in Sanskrit Literature. The 18th Purana composed by Maharishi Veda-Vyasa, it stands unparalleled in its distinct and resplendent exaltation of devotion to God, revealing throughout the quintessence of Vedantic teachings. Masterfully profound and delightfully enchanting, Shrimad Bhagavat abounds in work-paintings of the supreme Lord's wondrous and endearing avatars, divine sports and devotees - paintings that kindle, intensity and establish devotion in one's heart. This spring of devotion leads one to satsang, to the Guru and to teachings that unveil one's essential nature of Brahman.

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Whatever our lifespan may be but we can live only one day at a time. How we live our each day ultimately determines the quality of our total life. Therefore, it is necessary that we begin our day with a noble, elevating and inspiring thought which can set the tone for the day. We all know that as we think and act, so we become. Our thinking is influenced by our vision and values of life we respect. Keeping this in mind, we have compiled such noble thoughts on various topics given by Param P?jya Gurudev, Swami Chinmayanandaj?.

Upadesa Sara - the essence of all teaching - is one of the most popular Vendatic texts. It explains the paths of Action (Karma Yoga), Yoga (Astanga Yoga) and Knowledge (Jnana Yoga) and how they lead to the final goal of Self Knowledge. The great sage, Bhagvan Ramana

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Maharishi presents the subject in a simple and beautiful way. Swami Tejomayananda's commentary further simplifies the text and brings out its essence in an appealing way.

In the company of a Mahatma, We Watch the seeker Grow The Autobiography of a saint is an experience in Truth. In, it, we are introduced to variety of experiences that constitute the life of a seeker. Ishvara Darshan narrates the journey of Subramaniam, a young seeker from Kerala who grew into the venerated rishi Swami Tapovan Maharaj. Deftly weaved into the narrative on the natural beauty of the Himalayas, a place that he seldom left, and his reminiscences of the spiritual leaders he met. Narrated in third person, Ishvara Darshan is a book where its author unfolds his own evolution as neutral observer,

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uninvolved in the proceedings that make up his life. Translated from the original Sanskrit, it is both a learning and a pilgrimage every seeker must take.

The wise advise us to 'see before we walk'. Meditation a Vision gives us the right vision as we embark on the inner journey to the Supreme through meditation. It throws light on questions like the purpose of meditation, techniques of meditation, the obstacles in meditation and the result of meditation. This easy to follow book of guidance by Swami Tejomayananda gives us confidence as we walk on this path less travelled.

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