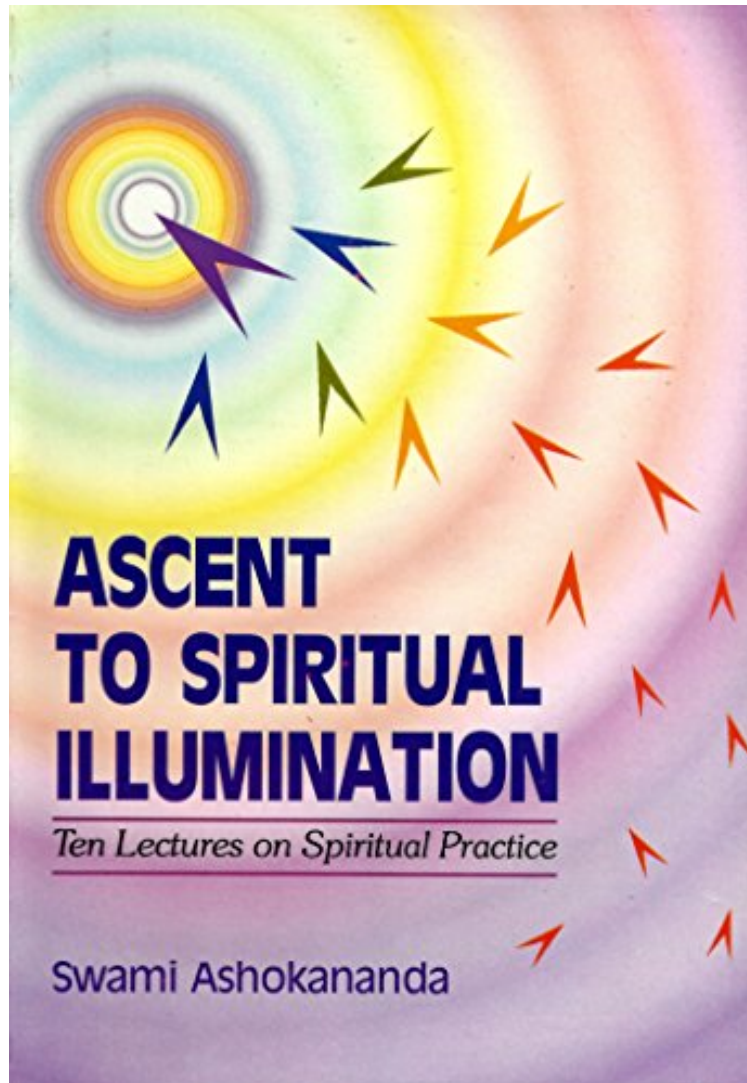


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Swami Ashokananda shows us a gradual way - not a way of compromise, but a way of steady and sure advancement toward the ultimate goal of illumination. In these lectures he tells us how to go about our spiritual disciplines, and to regard them as the only natural and rational thing for human beings to do. Until his passing, the author headed the Vedanta Society of Northern California.