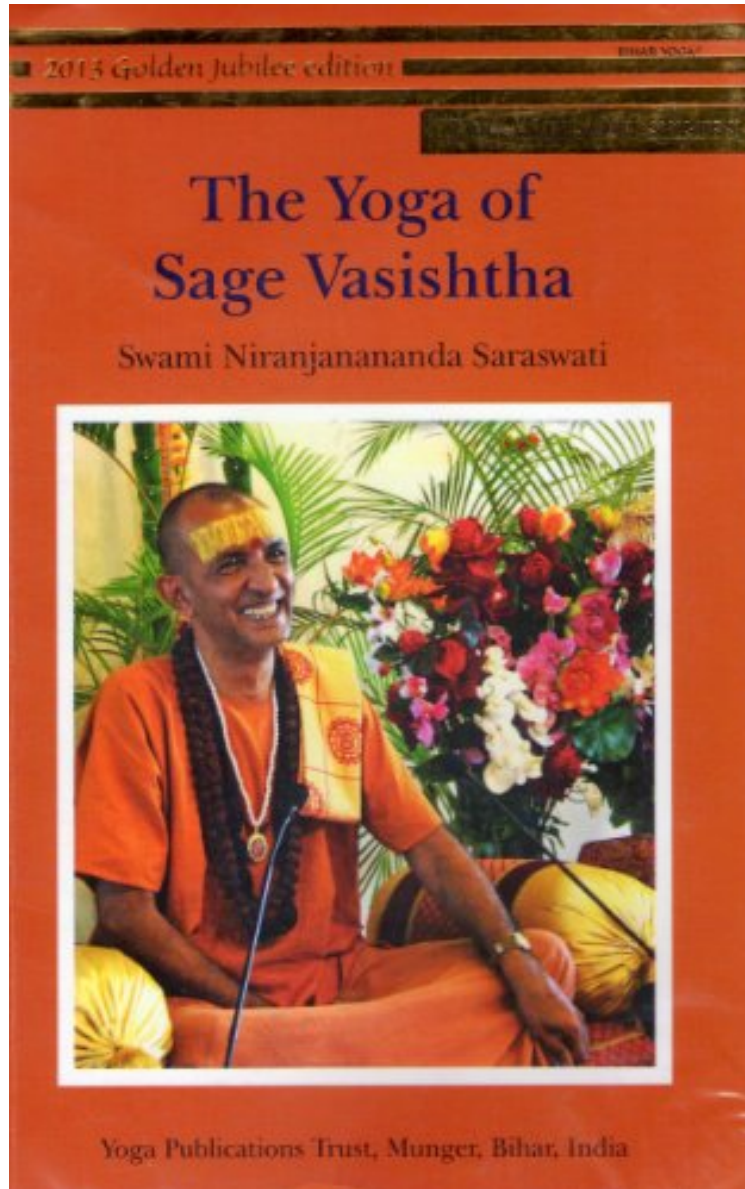


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The Yoga of Sage Vasishtha

Swami Niranjanananda Saraswati
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change ones spiritual and mental outlook, is a necessary first step to Self-Realization. The second part discusses the path to liberation. The Swami discusses the four requirements to liberation: peace; reflection; contentment; and positive association. The third part discusses the transformation of the worshipers identity. A person is a reflection of the greater universe. In this part the Swami discusses the four types of human ego and how they correspond to and are transformed to a transcendent, spiritual ego. The fourth part discusses the path to perfection in life. Here the Swami discusses how that perfection is attained through yoga and knowledge. The Yoga Vasistha is a beautiful but frequently overlooked work. Reading this classic is daunting due to its size but rewarding. For the majority of us with no time to devote to study this great work, the Swamis summary is the next best substitute. 0 of 0 people found the following review helpful. A useful book succinctly describing Sanskrit technical terms for dummies like ...By Wandering Swan A useful book succinctly describing Sanskrit technical terms for dummies like me. 0 of 3 people found the following review helpful. Five Stars By mary a.great. arrived quickly.

The yoga of sage vasishtha was the theme of the satsangs swamiji gave in march 2012 at ganga darshan vishwa yogapeeth the yoga vasishtha is a treatise in which rishi vasishtha instructs sri rama on how to overcome his depression and actively engage in th