



Sadhana: A Textbook of the Psychology & Practice of the Techniques to Spiritual Perfection

By Swami Sivananda

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To inspire to awaken and to guide the seekers after Truth and God-realization, has been the unique life- work of the great sage, Swami sivananda. He has given certain working methods, in practical ways, rather than just theory. The spiritual life is to be built upon and sustained by these important supports, i.e., a well conceived ideal, a definite programme of life and a background of thought. For one to proceed on spiritual life the following are the requisites. 1. One should have an ideal 2. A well laid and well regulated programme. 3. A concrete background of thought to sustain one in the struggle to work out and achieve the aforementioned requisites. This book will be of great help to the seeker. The popularity of the book like every other book by Swami Sivananda is so great that it has gone into ten editions within a period of over fifty years.

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Editorial Review

About the Author

Swami Sivananda was a Doctor by profession. It was divine dispensation and the blessing of God upon mankind that the Doctor of body and mind renounced his career and took to a life of renunciation to qualify himself for ministering to the soul of man. He settled down at Rishikesh, practiced intense austerities and shone as a great yogi, saint, sage and Jivanmukta. His disciples many in number like Swami Satyananda Saraswati have blossomed under his care and became great masters themselves. Swami Satyananda Saraswati's books like Asanapranayama Mudra Bandha and many other titles are best sellers at amazon..

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