



## The Foundations of Spiritual Development : Daily readings for every day in the year

By Swami Sivananda

Schwab Heinrich Verlag K, 1993. Taschenbuch. Condition: Neu. Neuware - Herausgeber: Swami Omkarananda Daily readings for every day in the year from the inspiring works of Sri Swami Sivananda. A title from chapter 14: 'Foundation of Self-Realisation': 19th May - 'The Two Axes of Self-Knowledge: Man cannot know himself save through meditation, through a deep dive into the calm chambers of the heart and a direct glance at the mirror of life within. To have a comprehensive understanding of what we are, we must impress on our mind the two facts, viz. the existence of the Eternal Reality and the radical unity of all manifestations from star to mineral form, from inanimate nature to organized life. Every human being is a manifestation of the Lord; and, therefore, it is possible for everyone to become one with the Infinite. Reflection on the above truths of essential existence generates faith and conviction. Direct vision of the Reality supplants all vain arguments. Realization of truth makes everything clear and self-explanatory.' Some of the 34 chapters of 366 subjects divided into five parts Sri Swami Omkarananda named as follows: Out of Part 1: Spiritual Dynamics in the World of Mind. - Mind: Its Tendencies...



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