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Swami Vishnudevananda was a Karma Yogi and a peace activist who flew on several peace missions over places of conflict, bombarding wartorn areas with flowers and pamphlets while repeating the peace Mantra: Om Namō Narayanaya.

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An authentic book on meditation and the various types of thoughts that can help or hinder the path to enlightenment. Unlike some of the trendy advice out there, this book goes deep into the ancient practice and includes teachings on japa meditation, jnana yoga, raja yoga, Hindu deities, Sanskrit mantras, and more.

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### Meditation and mantras : Vishnudevananda, Swami : Free ...

The title is a bit misleading, for this is definitely not a meditation manual. He talks about concentration, yet with only one exercise or two and no gradual plan. --By Adrian S. on April 8, 2006 As the title suggest, this text is an excellent introduction to meditation, mantras, and yoga sutras.

### Meditation and Mantras: Amazon.in: Swami Vishnu Devananda ...

Swamiji's Books In addition to being a tireless worker for world peace and a renowned authority on Hatha and Raja Yoga, Swami Vishnudevananda is well known for his books The Complete Illustrated Book of Yoga and Meditation and Mantras.He also authored a commentary on The Hatha Yoga Pradipika and is the inspiration behind The Sivananda Book of Yoga.

### Swami Vishnudevananda | Life of a Yogi | Sivananda Yoga Farm

Preface This volume is intended to dispel the cloud of confusion that has accumulated around the subject of meditation. Those who are looking for secret short-cuts, novel innovations, exciting new trends and fads in the area of self-development may be disappointed. The methods presented here stem from the classic four paths of Raja Yoga, Karma Yoga, Jnana Yoga and Bhakti Yoga.

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The classes are taught by Gajananam, a direct disciple of Swami Vishnu-devananda ji. He is the founder/director of the Vishnu-devananda Yoga Vedanta Center in Fremont, CA, served as the director of the Sivananda Yoga Vedanta Center in New York in the 1990's, and has been teaching yoga and meditation for 30 years.

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Swami Vishnu-devananda in his book "Meditation and Mantras" says that, "A Mantra is a mystical energy encased in a sound structure." Upon repetition of the mantras, the energy is released. Mantras are Sanskrit invocations of the Divine. Sanskrit is also known as Devanagari, or the language of the Gods.

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