



Vasistha's Yogya

SWAMI VENKATESANANDA

Swami Venkatesananda

Vasistha's Yoga (Special Paper; 27)



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That is Swami Venkatesananda's longer Yoga exercises Vasistha. His two volume book is here offered between two covers. Containing the guidelines of the sage Vasistha to Lord Rama, this scripture is full of intricately woven tales, the kind a great teacher might tell to carry the interest of students. Its purpose can be to provide a means to eliminate mental conditioning also to attain liberation.



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