



True Sadhana: Siddha Yoga (Perfection of Yoga) Manifesting Within the Seeker (Paperback)

By Darshan Baba

Createspace, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. All apparent experience of bondage, separateness, struggle, or any forms of suffering have only relative reality in consideration of Absolute Truth or Knowledge - at best or as real as they can be these perceptions of division are only a temporary affliction. This booklet is an aid to Sadhana practice, describing in simplified and to the point version - the Essence of Yoga manifesting as Sadhana. This recipe, method of utilizing methods, or instruction has been given in some form or other by countless Saints, Sages, and Perfected (Siddha) Yogin. This book does not focus on technique, but instead on the essence of all techniques - the relation of the what, why, and how of Sadhana. The methods of Sadhana are as diverse as Infinity, but the essence remains the same. These methods themselves are not the cause of Awakening, it is the Force of Awakening which is the cause of all methods of Sadhana, and by this Light is caused the intensity of practice and to what end (desire) any practice is applied. Thus in realization of True Sadhana linear concept...



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