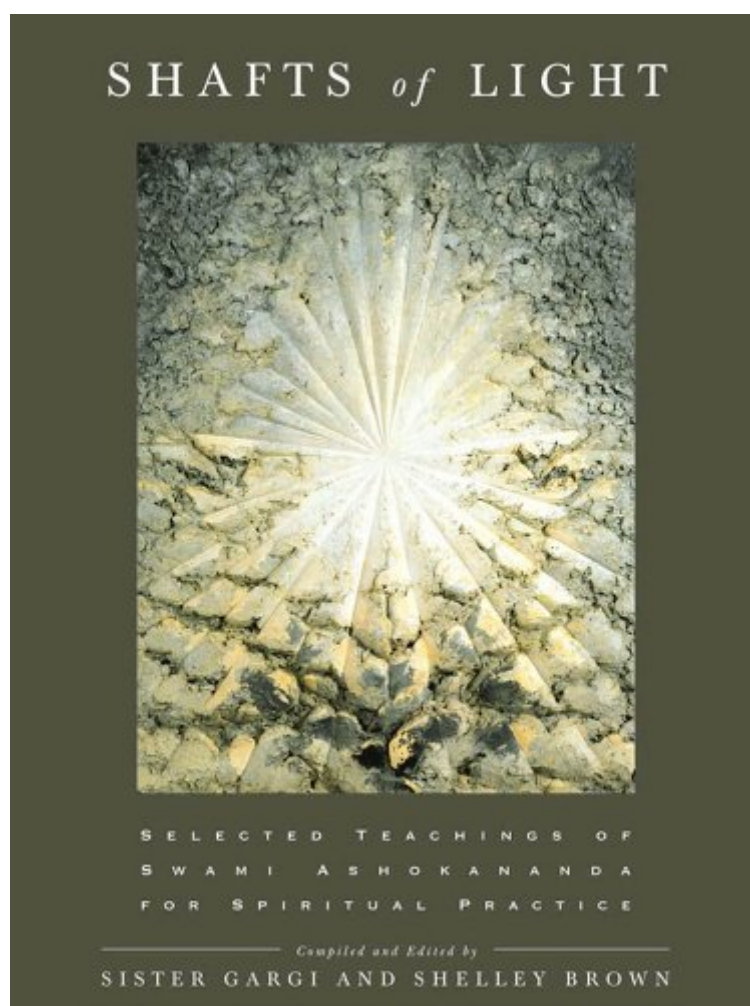


The book was found

Shafts Of Light: Selected Teachings Of Swami Ashokananda For Spiritual Practice



Synopsis

This is a valuable new guide to the practice of Vedanta and inner yoga: a priceless collection of spiritual instructions from Swami Ashokananda (1893-1969) to his close American disciples. Vedanta's eternal truths come alive in Swami Ashokananda's down-to-earth words of encouragement and advice. More than eight hundred passages for contemplation shed light on the spiritual path. Early chapters such as *The Agony of Conflict* and *The Secrets of Suffering* show how to cope with common problems; later chapters such as *Be Calm* and *Meditate* guide readers toward a higher state of consciousness. *Shafts of Light* illumines the heart of spiritual practice-its teachings can help seekers from any tradition enjoy a deeper spiritual life. Swami Ashokananda was a brilliant and accomplished spiritual teacher in the West. -HUSTON SMITH Swami Ashokananda's words ignited in his listeners the longing for realization on their own. -AMERICAN VEDANTIST Swami Ashokananda brought courage and strength to hundreds of lives. -THE BEACON

Book Information

File Size: 1038 KB

Print Length: 190 pages

Publisher: Kalpa Tree Press; 1 edition (September 3, 2013)

Publication Date: September 3, 2013

Sold by:Â Digital Services LLC

Language: English

ISBN-10: 0970636865

ISBN-13: 978-0970636867

ASIN: B00F48OL9O

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,485,225 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #63

inÂ Books > Religion & Spirituality > Other Eastern Religions & Sacred Texts > Tibetan Book of the Dead #2801 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Other Eastern Religions & Sacred Texts #19984 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Occult

Customer Reviews

Early on the path of spirituality, I stumbled upon this book at the library. A few weeks later, I was feeling miserable. Nothing my fellows recommended to lift my mood helped. The hopelessness was overwhelming. During a weekend locked in my self-imposed cell, I opened this book. Somehow, it pulled me through. To me, it is spiritual, but not religious. It talks about what we are seeking, how to do it, and problems we face along the way. There are about 2 quotes per page. I returned the book but one stuck with me I'll paraphrase. "Until you have great control of the mind do not focus on it. Dwell on God."

Most readers of this book will probably be spiritually inclined. I am not, and indeed have a suspicion of most writing described as "spiritual." Yet I am moved and fascinated every time I dip into Shafts of Light--a book to dip into rather than to read straight through, modest in its ambitions but at the same time quietly assertive. When I first read around in this book, it gave me comfort following the death of a close friend. Now I can open it and find new treasures each time, suiting different moods. The writing and the thought are invariably fresh and precise. Sometimes the book is funny. Who else has advised: "Dunk the mind in God"?

I really enjoy opening this book up and finding a message for the day here. Very inspiring and uplifting.

This book contains gems of spiritual insight from a realized soul. Swami Ashokananda is a great spiritual master and possess a high intellect in guiding spiritual aspirants with a rational perspective.

[Download to continue reading...](#)

Shafts of Light: Selected Teachings of Swami Ashokananda for Spiritual Practice A Heart Poured Out: A Story of Swami Ashokananda Swamini Vato: Spiritual Teachings of Aksharbrahma Gunatitanand Swami Guru Dev as Presented by Maharishi Mahesh Yogi: Life & Teachings of Swami Brahmananda Saraswati Shankaracharya of Jyotirmath (1941-1953) Vol. III BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) Spiritual Wisdom of Haf  z: Teachings of the Philosopher of Love Saint Germain: Master Alchemist: Spiritual Teachings From An Ascended Master (Meet the Master) The Sikh Gurus - Lives and Teachings: Spiritual Enlightenment Through Message Of Sikhism Swami Vivekananda: A Historical Review Swami and Friends, The Bachelor of Arts, The Dark Room, The English Teacher (Everyman's Library Classics & Contemporary Classics) Los Yoga Sutras De Patanjali: Traducc  n

Y Comentarios Por Sri Swami Satchidananda (Spanish Edition) The Yoga Sutras of Patanjaliâ "Integral Yoga Pocket Edition: Translation and Commentary by Sri Swami Satchidananda Hatha Yoga Pradipika Yoga Swami Svatmarama Raja-Yoga & Patanjali Yoga-Sutra by Swami Vivekananda Complete Works of Swami Vivekananda Swami in a Strange Land: How Krishna Came to the West Demystifying Patanjali: The Yoga Sutras: The Wisdom of Paramhansa Yogananda as Presented by his Direct Disciple, Swami Kriyananda Demystifying Patanjali: The Yoga Sutras (Aphorisms): The Wisdom of Paramhansa Yogananda Presented by his direct disciple, Swami Kriyananda What Religion is in the Words of Swami Vivekananda Standard Catalog of American Light-Duty Trucks: Pickups, Panels, Vans, All Models 1896-2000 (Standard Catalog of American Light-Duty Trucks, 1896-2000)

[Dmca](#)