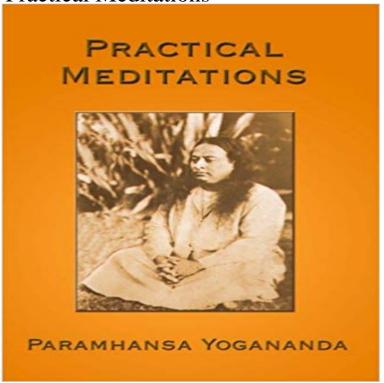
Practical Meditations



Most people would want to meditate if they understood how to do so. The purpose of meditation is to know God, to convert the little joy of the soul with the vast joy of the spirit. In this volume of the collected works of the spiritual Master Paramhansa Yogananda are three complete works in which he has explained and given lessons on the practical aspects of meditation, as well as given actual meditations which are of practical help to everyone. The three works are: Metaphysical Meditations, Whispers from Eternity, and Super Advanced Course 1. Yogananda was one of the first Masters from India to stay and teach in the United States. He taught extensively and traveled throughout the country from 1920 when he arrived until his passing in 1952. His influence is still strong among all sincere spiritual seekers because of his masterpiece, Autobiography of a Yogi. In this volume, the spiritual dynamo Yogananda has given the keys to happiness and bliss in this life.

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