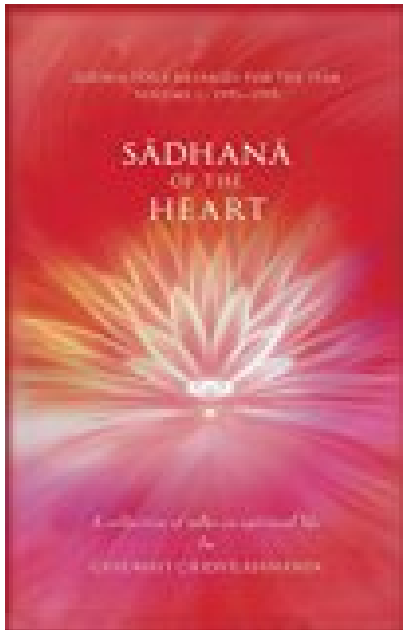


# Sadhana of the Heart A Collection of Talks on Spiritual Life

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## BOOK DETAILS

- Author : Gurumayi Chidvilasananda
- Pages : 184 Pages
- Publisher : Siddha Yoga Publications
- Language : English
- ISBN : 1930939051

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## **BOOK SYNOPSIS**

These five speeches impart the teachings of the Siddha Yoga path for modern seekers with eloquence, erudition, and compassionate humor, making an ancient tradition deeply engaging and vibrantly alive. Each talk, originally addressed to a global audience as a traditional greeting to the new year in the period 1995–1999, offers guidance—both practical and philosophical—for progressing on the spiritual path in today's world and living a noble and purposeful life. The book teaches with illustrative stories and anecdotes and urges all people to make the best use of their lives, to discover the divinity in their own hearts, and to let the joy of the divine suffuse the world.

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