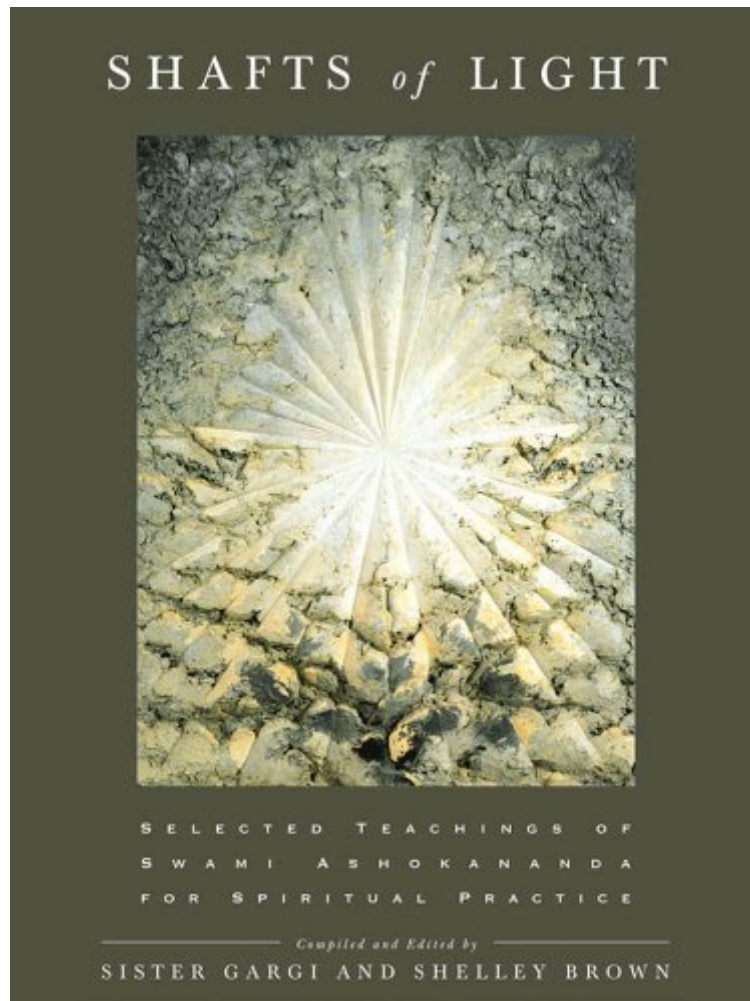


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Shafts Of Light: Selected Teachings Of Swami Ashokananda For Spiritual Practice



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 VEDANTISTS Swami Ashokananda brought courage and strength to hundreds of lives. -THE BEACON

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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.

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