



The Foundations of Spiritual Development: Daily readings for every day in the year

Swami Sivananda

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Editor: Swami Omkarananda

Daily readings for every day in the year from the inspiring works of Sri Swami Sivananda.

A title from chapter 14: "Foundation of Self-Realisation":

19th May - "The Two Axes of Self-Knowledge:

Man cannot know himself save through meditation, through a deep dive into the calm chambers of the heart and a direct glance at the mirror of life within. To have a comprehensive understanding of what we are, we must impress on our mind the two facts, viz. the existence of the Eternal Reality and the radical unity of all manifestations from star to mineral form, from inanimate nature to organized life. Every human being is a manifestation of the Lord; and, therefore, it is possible for everyone to become one with the Infinite.

Reflection on the above truths of essential existence generates faith and conviction. Direct vision of the Reality supplants all vain arguments. Realization of truth makes everything clear and self-explanatory."

Some of the 34 chapters of 366 subjects divided into five parts Sri Swami Omkarananda named as follows:


Out of Part 1: Spiritual Dynamics in the World of Mind. - Mind: Its Tendencies and Its Transcendence, The Science and Psychology of Thought, Psycho-Analysis, Parapsychology and the Indian Standpoint, Spiritual Therapeutics and the Effects of Negative Emotions, The Genesis of Human Bondage.

Out of Part 2: The Psychic World and the Process of Spiritual Evolution. - Concentration, Meditation and Samadhi, Human Nature and the Psychic Pitfalls, Mantra and the Phenomenon of Conscience.

Out of Part 3: Intuition Planes and the Structure of the Life Divine. - Intellectual Acrobats and the Spiritual Supermen, Intuitive Experience and Conceptual Knowledge, The Structure of the Life Divine.

Out of Part 4: Patterns of Human Greatness. - Will-Power and the Formation of Personality, The Transcendental Reaches of Blessedness.

Out of Part 5: The Evolutionary Aims and the Techniques of Spiritual Perfection.

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