

# Dharana Darshan

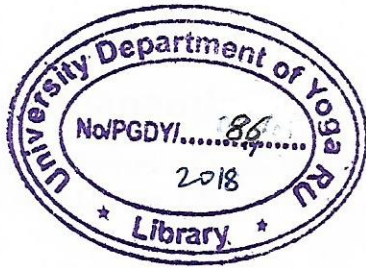
Yogic, Tantric and Upanishadic Practices  
of Concentration and Visualization

Swami Niranjanananda Saraswati



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# Dharana Darshan



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*With kind regards, ॐ and prem*

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*Dharana Darshan* is a practical and informative text on the yogic, tantric and upanishadic practices of concentration and visualization, as taught by Swami Niranjanananda Saraswati. These practices, which traditionally have never been taught except through direct transmission from guru to disciple, represent an advanced level of teaching and are intended to meet a need expressed by many serious practitioners for more guidance into the deeper dimensions of meditation. The book includes an introduction to the theory of dharana and detailed class transcripts of the techniques.

*Dharana Darshan* is a central textbook for all Bihar Yoga Bharati undergraduate and postgraduate courses.



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