

2013 Golden Jubilee edition

BIHAR YOGA

YOGADRISHI

# Mind, Mind Management & Raja Yoga

Swami Niranjanananda Saraswati



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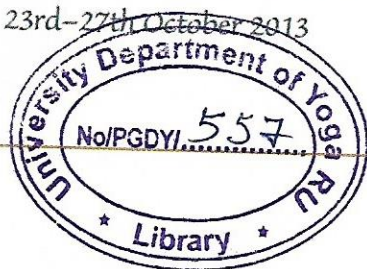
# Mind, Mind Management & Raja Yoga

BIHAR SCHOOL OF YOGA



1963-2013  
GOLDEN JUBILEE

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*“The highest sadhana in life is mind management, not meditation. The highest awareness is how the mind responds to different situations. Sadhana is not an abstract idea; it is a practicable, step by step method. This is the approach that the yogis and seers have adopted in order to harness the potential of the mind.”*

The Yogadrishti (Yogavision) series of satsangs consists of discourses given by Swami Niranjanananda Saraswati in Munger as part of the new phase of sannyasa life that he has embarked upon since 2009.

Mind, mind management and raja yoga were the theme of the satsangs Swamiji gave in April and May 2010 at Ganga Darshan. In these illuminating discourses, Swamiji puts the vast experience of the mind into easily comprehensible capsules. He approaches the subject from the classical, psychological as well as practical points of view, providing guidelines on managing the various expressions and experiences of the mind. These satsangs are a fine example of the depth and range of Swamiji's vision and understanding.



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