



Light & Vibration: Consciousness, Mysticism & the Culmination of Yoga

Swami Sivananda Radha

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Light & Vibration: Consciousness, Mysticism & the Culmination of Yoga Swami Sivananda Radha
Based on the understanding that the universe is made up of light and vibration, this book helps the student toward enlightenment. It explains how, by opening the heart and exercising the mind, we can move beyond form into more and more subtle realms of awareness.

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