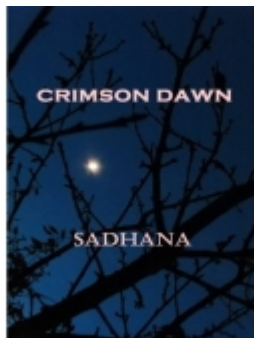


# Meditation



## Crimson Dawn - Sadhana

In this publication we have combined the original writings of Shrii Shrii Anandamurti on the Stages of Psycho-Spiritual Development with original articles written with the purpose to bring Sadhana in the grasp of science and analysis.

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## The Wisdom of Yoga

This is a short introduction to the basic elements of Ananda Marga philosophy with chapters explaining the origin of Tantra, eight-limbed yoga, the structure of the mind, reincarnation and the cosmic cycle of creation.

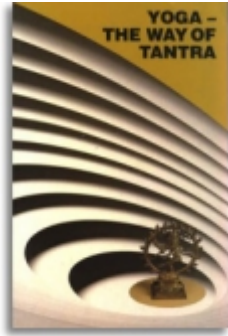
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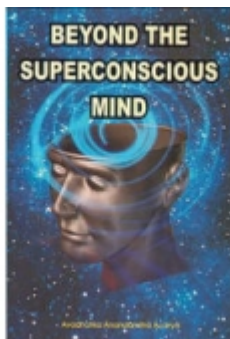
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