



Awaken to Superconsciousness: How to Use Meditation for Inner Peace, Intuitive Guidance, and Greater Awareness

Swami Kriyananda

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Here is a fresh, revolutionary approach to finding inner peace and expansive joy, presented by one of the greatest exponents of yoga and meditation alive today. Through meditation, chanting, affirmation, and prayer, Swami Kriyananda, disciple of Paramhansa Yogananda, teaches us how to reach the superconsciousness successfully and regularly and how to maximize its beneficial effects.

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