



## How to Find Happiness (Paperback)

By Swami Satchidananda

Integral Yoga Publications, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book. In Yoga, you don't need to get something to make yourself happy. You are only to realize that you already are happiness personified. Swami Satchidananda explores the core teaching of yoga that our natural state needs only to be uncovered in order to experience life as total joy. Topics include purity of heart, how to succeed in yoga, selflessness and karma yoga, self surrender, a courageous mind, a better world, the safest simplest and happiest life, and the necessity for a guide. First, know who you are. Then, all the other knowledge will have a magnified effect. Know that you are That. Be silent and find inner knowledge. To realize, go into deep, deep silence.

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