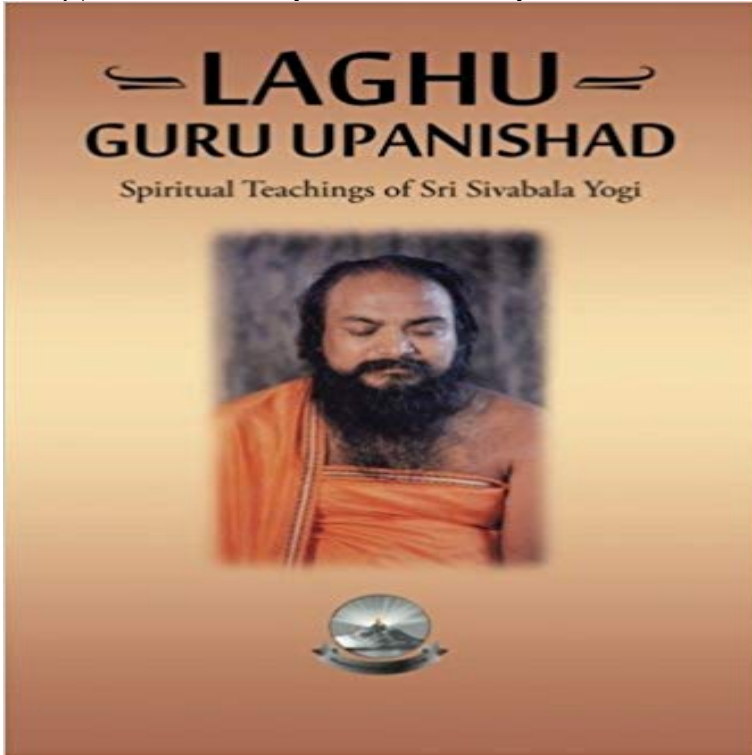


Laghu Guru Upanishad: Spiritual Teachings of Sri Sivabala Yogi



Modern life is very competitive and stressful; only a thoughtful few want to rid themselves of constant worries and find a way to live a life of real happiness. Teachings of Sri Sivabala Yogi contained in Laghu Guru Upanishad are especially relevant for such people. There are many grades of aspirants; some just want to lead a peaceful life, some want a lower type of salvation and a few blessed ones who desire total freedom by realising their true natures. Ultimate liberation is attained only if one knows the absolute Self (or Reality or God). No matter what ones goal is, the Gurus teaching given in Laghu Guru Upanishad, if practised sincerely, offers hope to everyone to attain ones desired end. The book is set out in question and answer format. The questions, asked by Gurprasad, have been framed from an aspirants point of view. Questions and doubts like these arise in the minds of all those who want to follow a spiritual path. The Guru has given answers that are suitable for ease of understanding by beginners as well as more advanced aspirants. In doing so, the Guru has adopted a rational approach suited to the modern generation and covers all well-known paths to realise the Truth. Sri Sivabala Yogis basic teaching deals with control of mind and it does not advocate any religious beliefs. Mind is the cause of ones suffering and unhappiness and it also has the power to get rid of them. Bookish knowledge is of no avail unless it is practised. Every reader of this book can attain his or her desired spiritual object, provided its teaching is put into effect through earnest effort.

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