

# Download Sadhana The Realisation Of Life

This article is the introduction to Swamiji's book "Bliss Divine". GOAL OF LIFE IS GOD-REALISATION. By . SRI SWAMI SIVANANDA. The Atman What Moksha Implies Atma Kriya Yoga helps you realise a personal relationship with the Divine by bringing the awareness of the soul into everything you do. Through the grace of Shaktipat Initiation, the practice brings you more love, joy and connection with life itself. To shed the animal in man and to sublimate the human in him into the divine, to express this sublimation in his daily, hourly, life in thought, word and deed - that is truly divine life. Mantra Yoga is an exact science. 'Mananat Trayate Iti Mantrah - by the Manan (constant thinking or recollection) of which one is released from the round of births and deaths is Mantra.'